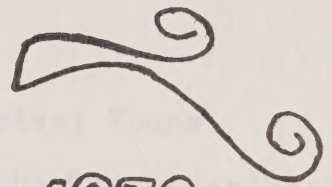
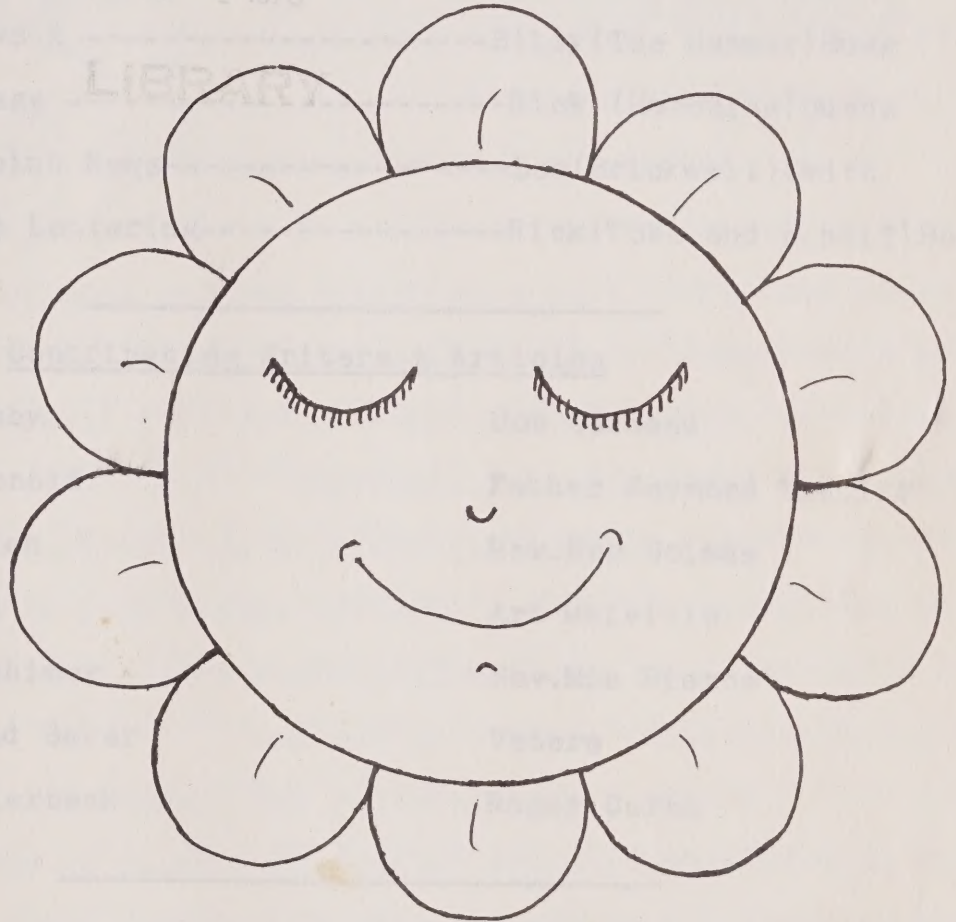


AVATAR



1978

1111



HAVE A NICE DAY

1111



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Last months article on "Restoring Prison Control" should never have been printed in the rag.I apologise for the screw-up and if anyone in the joint was offended I just want to say"I will stay away from subjects that have anything to do with the veiws of others about prisons".So sorry again guys and from now on I will stick too bringing you news that will bring a smile to your face.Thank you and may you all get out soon.

Your Editor and Friend

Spike

Avatar is published by inmates of Collin's Bay Institution Kingston, Ontario. Third Class postage is paid for in Canada. Permission to reprint any article is granted, provided the AVATAR, and the writer are given acknowledgements.

AVATAR.: an interal manifestation or embodiment of a philosophy concept, or tradition of a variant phase of a continuing basic entity; Two fold possibility, and two fold purpose. This paper is a continuation of a long line of papers here at the Bay and with it, we the staff, hope to breathe fresh life into an old, but often neglected philosophy.....humanism.

The opinions expressed in any particular article are those of the author, and not necessarily agreed with by the editorial staff. Nor do the views necessarily conform to the official views of the Solicitor General's staff, or the Bay.

Please submit articles, and forward letters to us. We want to hear from you and for us to be a success we must all pitch in. The Avatar is a prison rag that for us is a way of reaching the people on the outside and letting them know what's going on here inside.

#####





FROM THE EDITORS DESK

Well guess who? I said you maybe getting another issue from me and so here it is. I have been asked alot why do I carry on being the editor if I get hasseled so much and to tell you the truth I really don,t know? Maybe it's because I am having a hard time finding someone too take my place as I don't see people trying to break down the door for the job. We must remember that this is our paper and we the inmates put it all together and if no one wants the job then I guess I will be saying in the years to come "I was the last editor of the Avatar paper in Collin's Bay".

My friend Toke and a half would like for me to say "He enjoyed working on the rag and wants to thank all the people for the kind words on the art work. He has worked his butt off as has everyone else on the Avatar staff and I enjoyed working with them all. This will be my LAST issue and I will be going out on the street and live what I hope will be a long and happy life. Jail has changed so much in the last ten years and for me the hardest part about doing time has been the waiting for my freedom. So take care and to those who sent in letters and poems I thank you all. I honestly hope that the Avatar carries on and that it becomes a paper every prison hears lots about. Farewell.

Your Friend & Editor

Bob (Snike) Young.

AS WE SEE IT . . .

THE JOHN HOWARD SOCIETY

or

Have You Ever Been Asked Who John Howard Was?

In last month's issue of the AVATAR, there was an article submitted by the John Howard Society of Kingston. Three paragraphs of the article gave a brief biography of John Howard; the author's intention was to leave readers with the impression that 'old John was a hell of a guy' who was out to help all needy persons and especially convicts.

Strange indeed that a county sheriff in England in the seventeenth century was so benevolent!

Perhaps the Society really is trying to make up for the pain and suffering that his class of person inflicted on prisoners of yesteryear: that remains to be seen.

What this article would like to do is bring to the forefront facts that last month's article left out.

The following is a reading from the Report to Parliament by a sub-committee looking into the penitentiary system of Canada, page 11: sections 39 and 41, (we assume it's fact rather than fiction:

History to 1900

39. The penitentiary was an invention of the American Quakers. After its introduction in 1789, it spread to England and from England to Canada. In law, Canada was more influenced by the English precedent but in practice, American penitentiary

influence prevailed. 'Penitentiary Houses' were first established in England in the eighteenth century as the direct result of John Howard's recommendations to the British Parliament.

He suggested a strict regime of sanitation, inspection, separate confinement, sobriety, coarse diet, hard labour and a coarse and uniform apparel with certain obvious marks or badges affixed to the same to humiliate the wearers as well as facilitate discovery in case of escape.

Each inmate was required to serve one third of his sentence in each of three classes of institution in which the rigours of confinement and labour was progressively more moderate, provided his conduct and industry were satisfactory. This innovation came in due course to Upper Canada where the first penitentiary was opened at Kingston in 1835.

41. At Kingston Penitentiary, inmates were kept in absolute seclusion from society and were detained in a state of complete inactivity during the non-working hours.

The resultant effect was physical atrophy and mental stagnation. Rules of strict silence prevailed. Prisoners were mixed together, young with old, sane with insane. As cells were too small to allow for free movement, inmates were forced to lie down for twelve to sixteen hours per day.

Although they were compelled to attend church services on Sundays, they were not allowed to kneel, make any signs or take any part in religious worship.

So the real John Howard recommended humiliation, hard labour and a coarse diet as part of his prison reform. One hell of a guy, wasn't he?

Our point in responding to the John Howard Society's article is to make the whole truth known about such illustrious do-gooders as John Howard.

The John Howard Society of to-day has ample reason to attempt to rectify the abuses of the past and the present.

Last month's article made no mention of the large amount of taxpayer's money granted yearly to the John Howard Society to be helpful to 'needy cons'. The Society and other 'be kind to cons' organizations are spending huge sums of public money to supposedly facilitate rehabilitation but the cons know that the effects of this 'assistance' is almost non-existent.

Instead of creating organizations that do nothing but create employment for the self-righteous, why not make the funds available in a form that permits the convicts to help themselves. If this were to happen, the rate of recidivism would not possibly be as high as it is now.

It is quite obvious that these assistance programs are failing. Our leaders in Ottawa scream about the daily coffee and butter consumption in the cement houses when all they have to do is take a long, hard look at where the real money goes.

Convicts are pawns, as usual, in one of the biggest swindles this country has ever had the misfortune to experience.

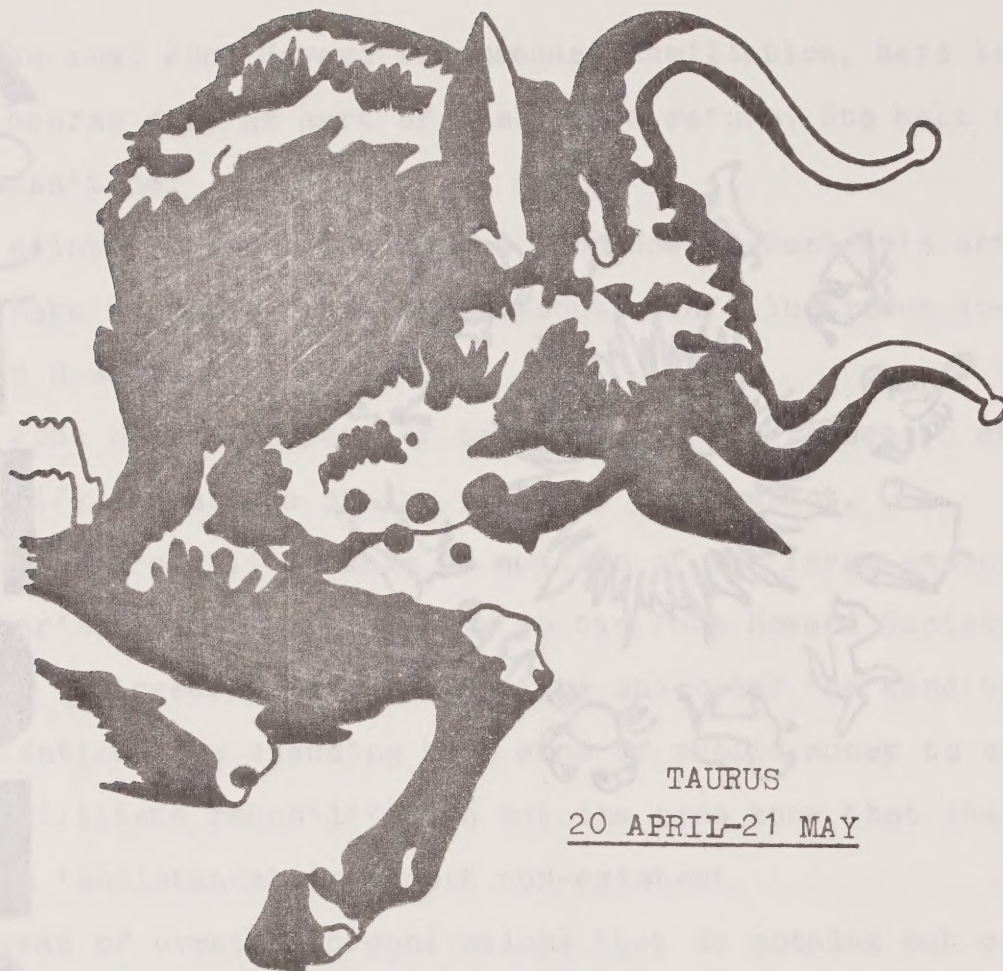
Bill Sugg and Jim Hertrich

MONTHLY

ASTROLOGY



Report



TAURUS

20 APRIL-21 MAY

Taurus is an earthy sign, dependable, firmly planted in reality. The Taurean's ruling planet is Venus, goddess of love. Taurean love is deep and permanent, but may be possessive. Taurus will not be hurried—until his passion is roused, or his bullish anger released. He will enjoy life and its comforts, surrounded by favorite possessions and in an atmosphere enhanced by Venusian colours—pale blues and pinks; his precious stone, the sapphire, may be magnificently set in a ring. The Taurean element is earth, hence his solid, reliable nature. His quality is fixed. Within his environment his friends can relax in security and be restored with heavy but superb food, cooked, no doubt, in the glowing radiance of copper pots—for copper is the metal of Taurus.

A Taurean builds his life around marriage. He has much to give in a marriage, he is dependable, straightforward and kind. Taurus and Pisces are good partners. They both enjoy the simple things life has to offer.



GEMINI

MAY 22 - June 20

With Gemini, the sign of the Heavenly Twins, the accent is on duality; it is reflected on every level of his delightful personality. He will not be contented with one objective at a time in any sphere of his life. His ruling planet is Mercury, the messenger of the gods, who endows him with sublime communication. He will talk forever. He will change his mind, his lovers, his life style-his whole outlook. Gemini's element is air, on which he thrives, since it serves to transmit his eternal message. He is too changeable to like one or even two colours but might settle for sizzling yellow. His stone seems to be the most placid association of the sign, for it is the cool, nebulous agate.

Aries and Gemini make good marriage partners. Their love will be constant and forever true.

TOO MANY SENTENCED TO PRISON

Ombudsman Arthur Maloney's report on Ontario prisons offers two alternatives: Either build new jails to relieve the present dangerous over-crowding, or solve the problem another way by not sending so many people to jail.

While recognizing that the sentencing policies of the courts are beyond his jurisdiction, Maloney obviously prefers the second alternative.

So should the people of Ontario.

As the Law Reform Commission of Canada has said (in a quotation approvingly cited by Maloney), "Canada... is one of the harshest Western Countries when it comes to prison sentences. Many of the terms imposed are far too long, half the people in prison should never be there, and so many are in jail that those few needing real care and attention cannot get it."

The ombudsman began this monumental study more than two years ago, following a series of complaints to his office from inmates, and warnings from prison staff of "a constant danger that a major riot will occur in almost any institution at almost any time."

This fear turned out to be exaggerated, but Maloney found conditions bad enough to cripple serious rehabilitation programs for inmates, who often could not even be housed in reasonable human dignity.

Maloney's report estimates the long-term cost of the improvements that are needed at \$88 million. Much of the construction and reconstruction he calls for is already in various planning stages in the Ministry of Correctional Services, but new building has been halted by budget restraints and uncertainty about future trends in prison populations.

This uncertainty is largely due to other factors in the criminal justice system. For instance, increased police budgets--from \$229 million in 1972 to \$433 million in 1976--have resulted in more arrests and more prisoners either on remand awaiting trial or under sentence.

Even the new, humane trend in the courts of imposing sentences to be served on weekends creates problems since it puts a heavy extra load of inmates on the prison for the two days.

Delays in the courts, resulting in an increasing number of remands, add to the burden.

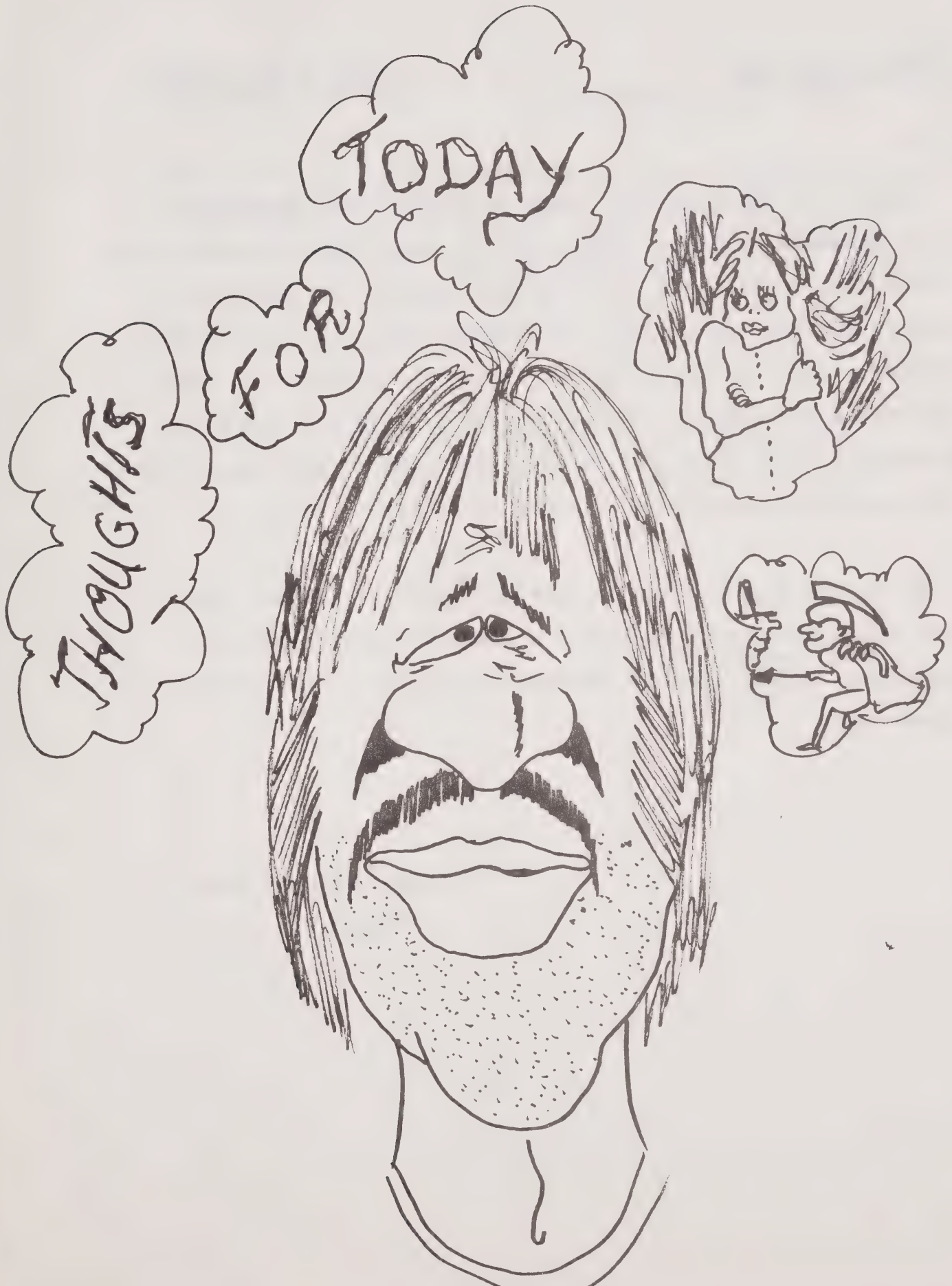
A partial remedy for the problem would be more co-ordination and consultation between the police, courts and prison administration.

But the real solution is not to impose so many prison sentences. Maloney calls for a general program "to decrease the public's reliance on the highly symbolic but discouragingly failure-ridden and costly resort to incarceration either before or after the trial of an accused."

Such an education program should be led by Correctional Services Minister Frank Drea and Attorney-General Roy McMurtry, both of whom have already indicated a favourable attitude toward the idea of community service as a penalty for minor offences instead of idleness in jail.

Some new jails undoubtedly must be built, if only to get rid of the century-old buildings now still in use. But there'll be fewer needed if the courts and police turn to more enlightened sentencing policies.





THOUGHTS FOR TODAY -

August - 20th - 1977
2925 - L - 101

People for the most part, tend to believe that because we are a **separate** society, locked away in these small confines, that we are without feelings, they contend that we are ruthless, violent or lazy, we prey on the working class, or rip off the welfare system, in short, all we are doing is playing a cheap roll while the rednecks are out trying to save the world, but who really cares about our world, **talk** is cheap, and nobody listens, let the conversation flow because my belief is this,

No matter what man is, or what man has, he is alone, we come into life alone, we face our worst troubles alone, we die alone, people care not whether we die for a just cause or otherwise.

Dwight Micheal Gemby

"Gimper"

THOUGHTS FOR TODAY

September - 5th - 1977
2925 - L - 101

We all dream of being rich - having nice things - driving big flashy cars - living in huge houses - the poor people crave wealth - the rich want to become richer - but true to life the poor get poorer - the rich become richer, making all the poor trying to get rich - so in essence -

- life on the whole - is something of a compromise -
because what we would like - and what we can have-

Dwight Michael Gemby-

"-Gimper-"

THOUGHTS FOR TODAY

April 23rd, 1977

Words

We are truly, products of the form and substance of guilt.
Elemental guilt. The Totalitarian effect that causes the
individual to suffer one common penalty.....guilt.

Whether by nature, or by profession, we see guilty, by way
of a total lack of guilt, in essence, we may or may not feel,
but we most certainly are-----guilty.

The Gimper

THOUGHTS FOR TODAY

Oct. 31st, 1977
2925 - L - 101

A few days ago a brother inmate was gunned down by the guards, while trying to escape from this madhouse called Millhaven - his bid for freedom was a second try at beating the system and he lost his life trying - because we do not understand the human mind, we cannot accept nor can we reject his train of thoughts - we do know his strong desire - to flee the system - to escape forever - did he defeat his cause by dying at the fence - is he a loser - or did he finally make good his bid for freedom from the system -

- it is easy to lose - it is not all that hard to win -
hardest of all is to win - while yet appearing to lose -

Dwight Micheal Gemby -

"-Gimper-"

THOUGHTS FOR TODAY

Anril 26th, 1977

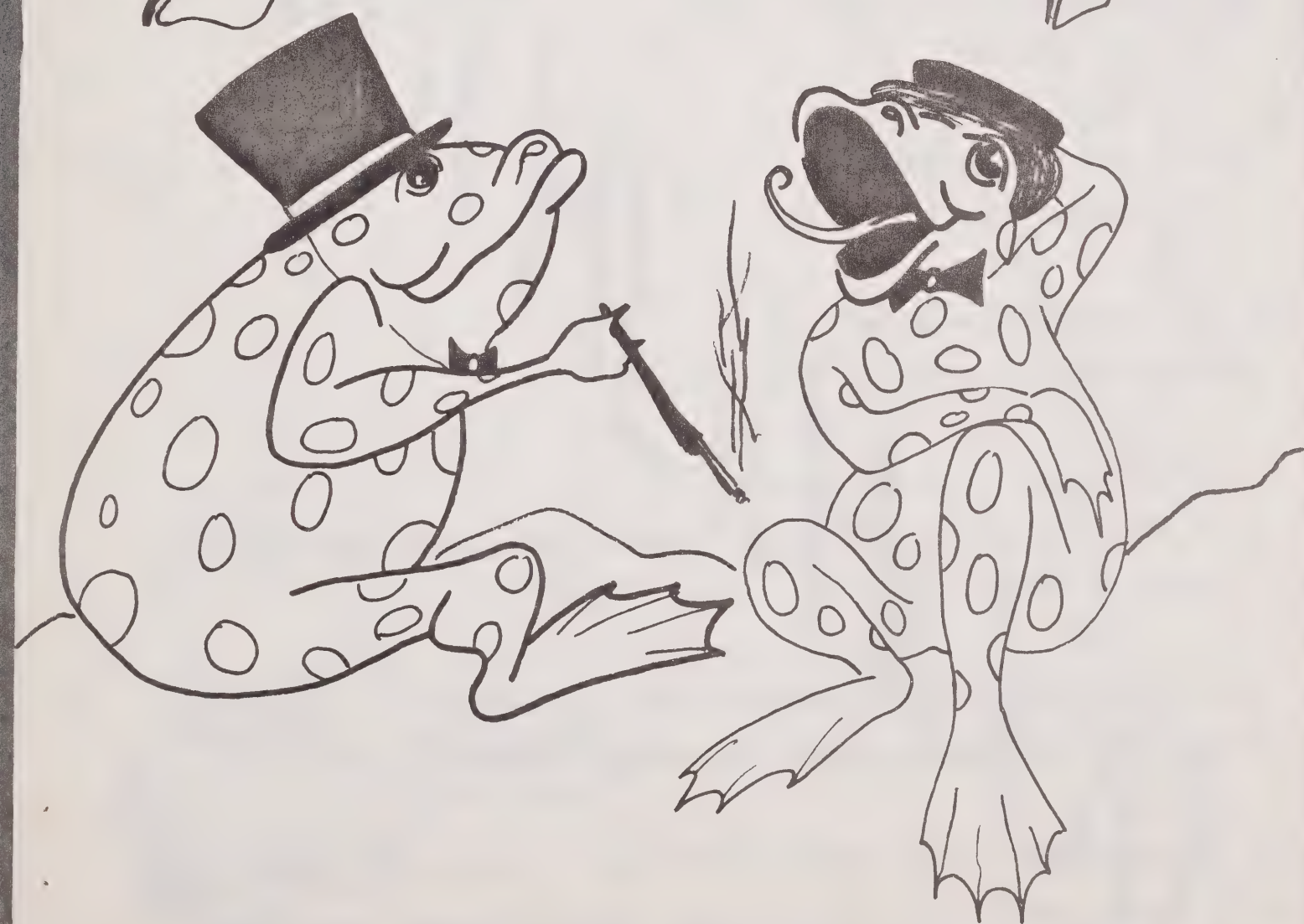
Words- Wild Flyer

- as spring slides to summer - birds of all sorts head
back to the northern country, to bring in new life.
Sitting here in the big yard - I happen to see a flock
of geese heading for their nesting grounds and this came
out of me.....
- Spirits now winding - at full life's ending - as wild
geese flying - not regretting, sighing in trust ad-
vancing - through low clouds dancing - faint like stars
glowing - to new lives going - passing & fleeting -
soundsof wings beating - living, not dying - as wild
geese flying -

The Gimper

.....

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FRENCH GROUP - INTERVIEW WITH MEM. BOB GARNEAU

Hi Bob!

Hi Norm!

Q: Is there much doings on at the moment concerning the French Gr.

A: There's not too much going on right now, but we are about to start a Dinamic Group!

Q: What is this Dinamic Group about?

A: It is basically a life skill course. Basically on knowledge of how to rep. yourself better upon looking for work & how to go about it and to be a speaker and how to start a project.

Q: Who presented this project?

A: Me (Bob Garneau)

Q: Who put this together?

A: George Marcotte.

Q: Can anyone participate?

A: Anyone belonging to the French Group.

Q: Is there any up coming events?

A: We are waiting to hear from out speaker, who speaks generally on to-day's politics.

Q: Is there still good co-operation with the members?

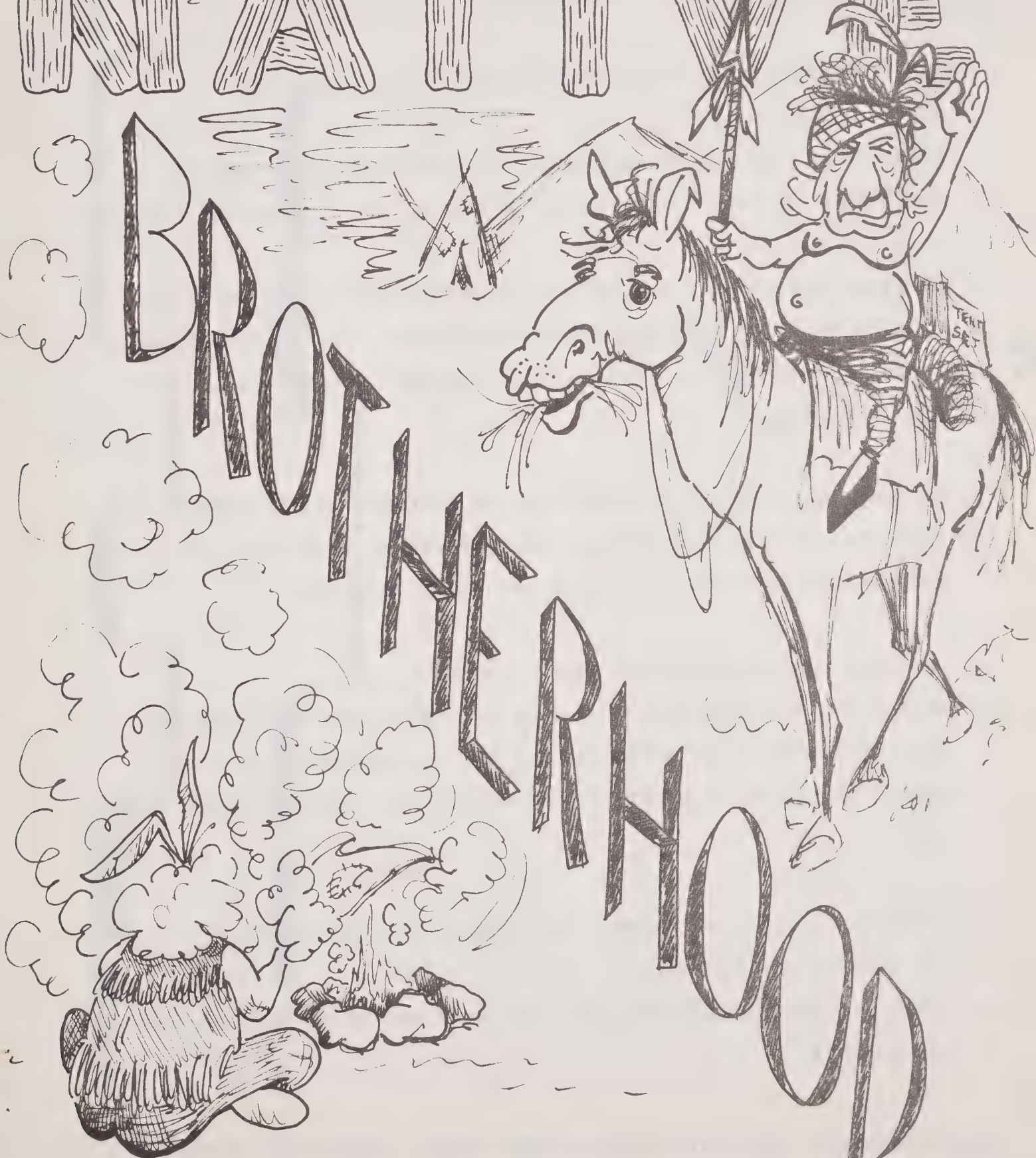
A: Yes! We are working closer than ever, than usually.

Q: Is there any special comment you'd like to put to the general pop.

A: If you'd like to be a member please contact Michael Pelltier in one block. Thank You!

NATIVELY

BROTHERHOOD



NATIVE BROTHERHOOD - INTERVIEW WITH MIKE BASTIEN, BOB GARNEAU
AND NORM MACDONALD

Q: Has there been any co-ordinated changes in the past few weeks or so?

A: First of all we the Brother Hood are one voice. Everyone in the Native Brother have the same power to call Brotherhood together.

Q: Is there any special way the Native Bros. start their meetings?

A: Usually we start with a thanksgiving prayer. The thanksgiving prayer is not opening a book, it's a special feeling for the creature.

Q: Is everyone aware of the other native cultures on the street?

A: Yes! Ans we also respect the other native cultures and part of our program is learning more of the other cultures.

Q: How many supporters do you have in Canada?

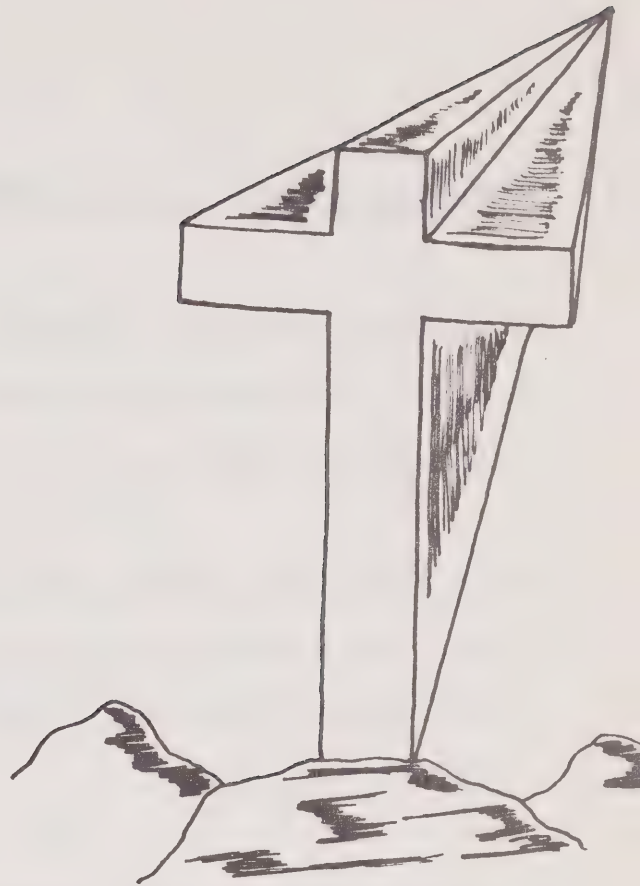
A: At least a one million & a quarter native people, not counting 260,000 in U.S.A. & additional the entire population of the Indian people in S. America, whom we have one member in Collins Bay.

Q: Is there any special comment that you would like to put to the general population.

A: Don't put down another man till you have walked two moons in his moccassins!

NORM MACDONALD WOULD LIKE TO KNOW WHEN (TEACH) SIMMONS IS GOING TO MAKE THE LAND SETTLEMENT (NO TREATIES)

noen
noen



SCRIPTURE GROUP - ARTIE MELVILLE

Q: Is there any new happenings since our last issue?

A: Yes! The group is reorganizing & is planning to have regular speakers or movies as topics for discussion.

Q: Is there any new co-ordinated change in your group?

A: No, Artie Melville is still chairman at present, we are looking for a new secretary. Until then Artie is a good man and will handle both jobs.

Q: Do you have any new outside speakers & who are they?

A: We are planning some really heavy speakers. Possibly Martin Luther King's younger brother will be with us soon. Also we are planning some good films which will be of interest to everyone.



INTERVIEWED REV. REG. SOLMES.

Q.Reg can you tell us the true faith of this church?

A.Yes.It's a undenominational church,to appeal to all people.

Q.How does being a priest in here compare to being on the outside?

A.The only thing different is the security,you have too apoly with there rules.

Q.What programs do you have going in here?

A.There are programs on the following days:

Tuesday afternoons

Wensday mornings-films and discussion group.

Thursday-bible course.

Q.Do many cons come and see you about their problems?

A.Yes,this week I have been seeing an inmate and he was very upset and together we have helped work out his problem.

Q.Do you fill out forms on inmates concerning parole?

A. Yes,but only those inmates that I know,and they are favorable reports.

Q.When can you be seen by an inmate?

A.Anytime through the week and Sunday mornings.

Q.How does one get in contact with you?

A.Drop a note in the request box or have your work officer call me.

Q.Reg if you could make a change in here.What would it be?

A.One change I'd like to make is have the chapel open for the inmates a place they can come to get away from the problems inside and be by themselves if they prefer.

Q.Do you think it's a challenge to work here at the Bay?

A.Yes!It's a big challenge to an extent of satisfying inmates and staff.

Q.Do you have many guards come see you about their problems?

A.Yes,but not many.

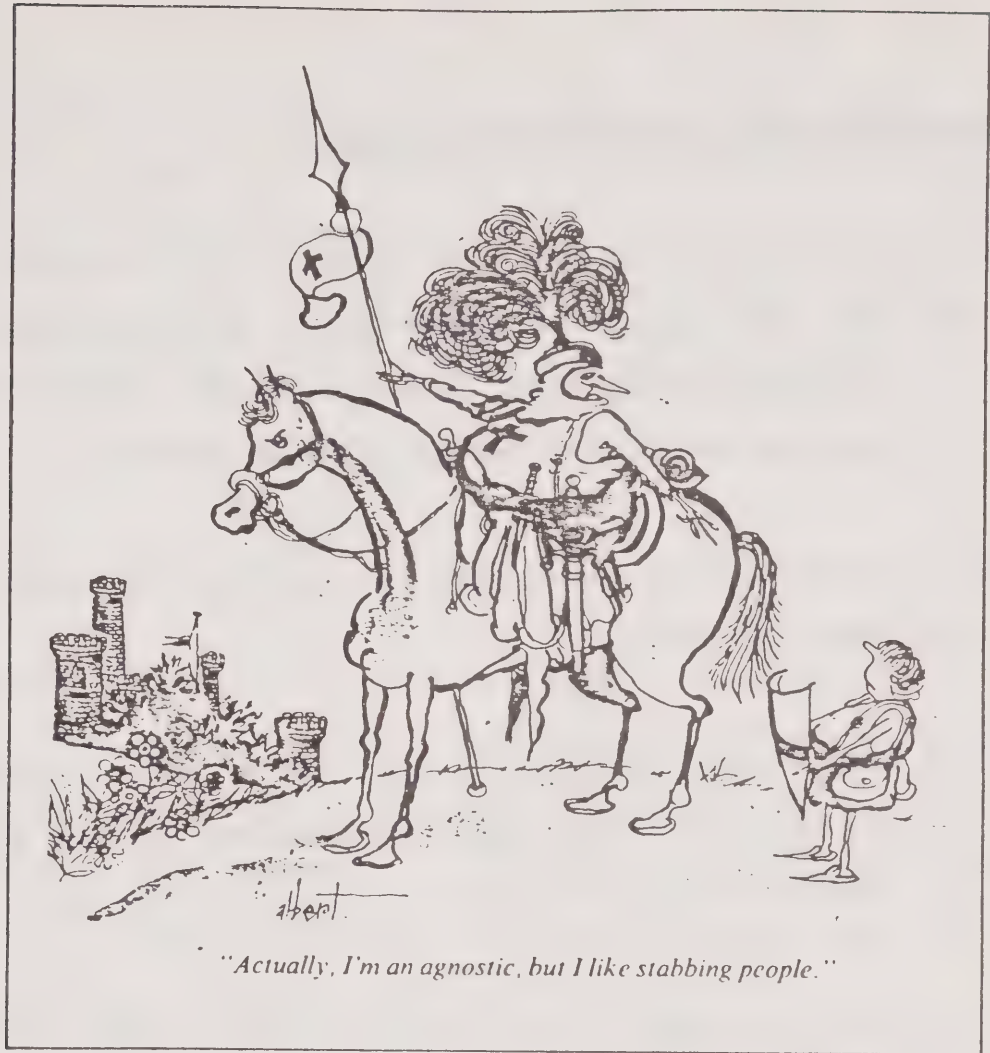
Q.Do you think there should be a guard at church services on Sunday?

A.It really doesn't bother myself nor do I think the inmates.

Q.Do you have any special comments for the population?

A.I would just like to say that "I am here if you have a problem and I want only to help the people and thier families.

THANK YOU FOR THE INTERVIEW REG.



Interview with Father Raymond Tardiff

1.-Q: Can you tell us the true faith of this church?

A: Yes, the message of Jesus-Christ and they have to be witnesses of Jesus-Christ here, and also on the outside and at the same time be the ritual leader of this church.

2.-Q: How long have you worked here at Collin's Bay?

A: Twenty months.

3.-Q: How does being a priest here differ than outside?

A: The church is more institutionalized outside and inside, the christian population has to grow day by day.

4.-Q: What are some of your programs here in the church?

A: Cresmatic, Scripture, Discussion, Four day Group(Cursillo)

5.-Q: When is the next Cursillo and what does it consist of?

A: It is May 19 to May 22, and it is a four day course in Christianity.

6.-Q: How many people are involved in this Cursillo from the outside?

A: Roughly 20 people.

7.-Q: Are the inmates allowed to come and see you at any time with their problems?

A: Everybody is free to come and see me any time they want to.

8.-Q: Do you think the church should be freer to work here?

A: Yes, but I have rules to abide too as the inmates do, but I'm sure that everyone who wishes to see me will be able to for I am at the French Group on Mondays and I have other groups which I attend through the week.

9.-Q: Does security hamper you in anyway?

A: No.

10.-Q: Do you find the inmates difficult to talk with?

A: To tell the truth, I do not see inmates, as far as I'm concerned, all inmates and staff I regard as men and I see them as men therefor, I will talk to anyone who wishes to discuss personal matters with me or simply come and see me and have a friendly chat.

11.-Q: Do you think it's a challenge to work here?

A: Yes, it is a challenge for me. "Promote liaison approach, that's my challenge.

12.-Q: Do many guards come and see you about their problems?

A: I wouldn't say many, but a few have come to me about their problems.

13.-Q: Do you think there should be more socials and functions?

A: It is important for inmates to communicate with outside people for they will have to be on the outside sooner or later therefor what better way to get accustomed to the outside world, socials, where outside guests come in and there you can learn to cope with outside problems.

14.-Q: Do you have anything you would like to say to the population?

A: Yes, I am not a man who will try to convert you, but I am a man who will listen to all your problems, in this prison, and outside, and I will try to understand and look for an alternative to most of your problems.





Look! You are a people maker.

You smile and they come to life.

You frown - they wilt

You pull within yourself - they
retreat

But when you aim belief at them,
They rush forth

from all kinds of dungeons,
And they are beautiful!

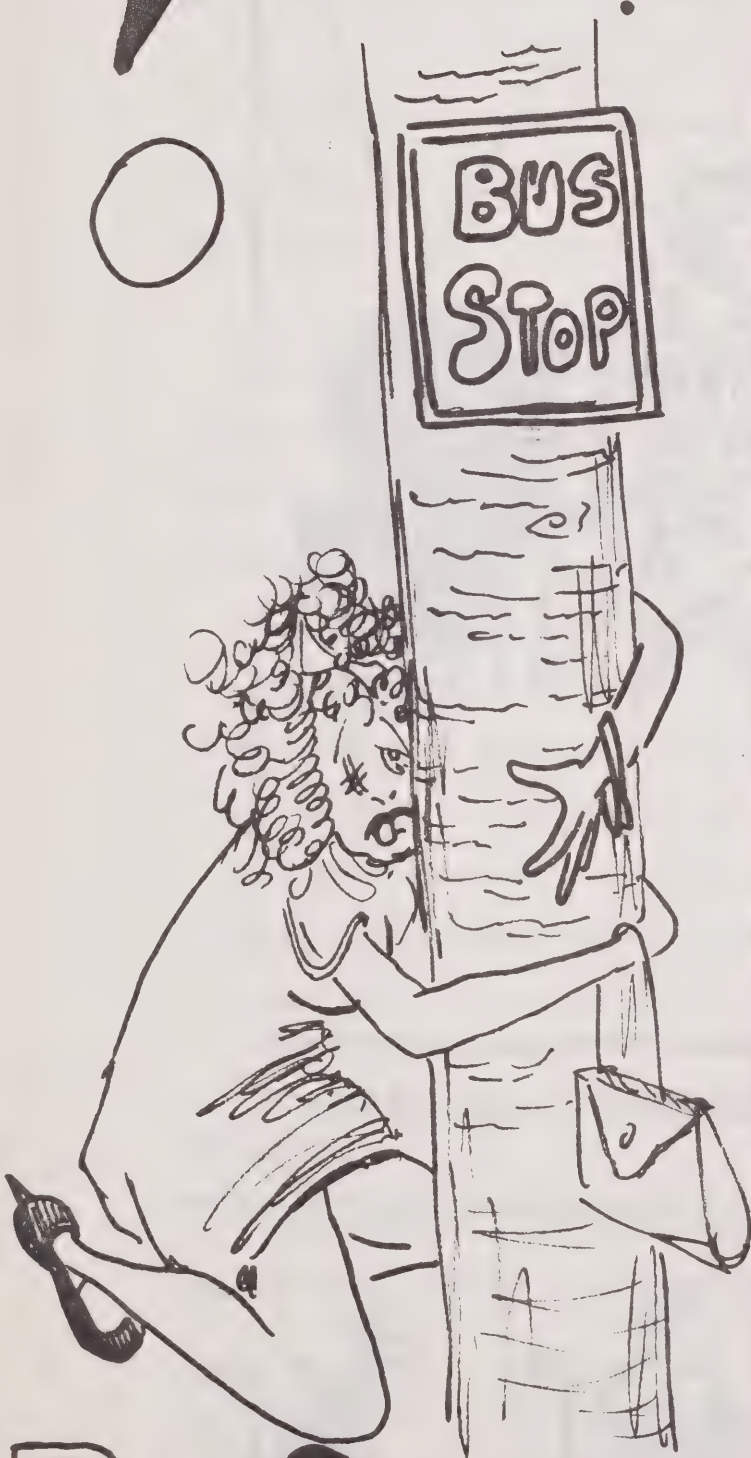
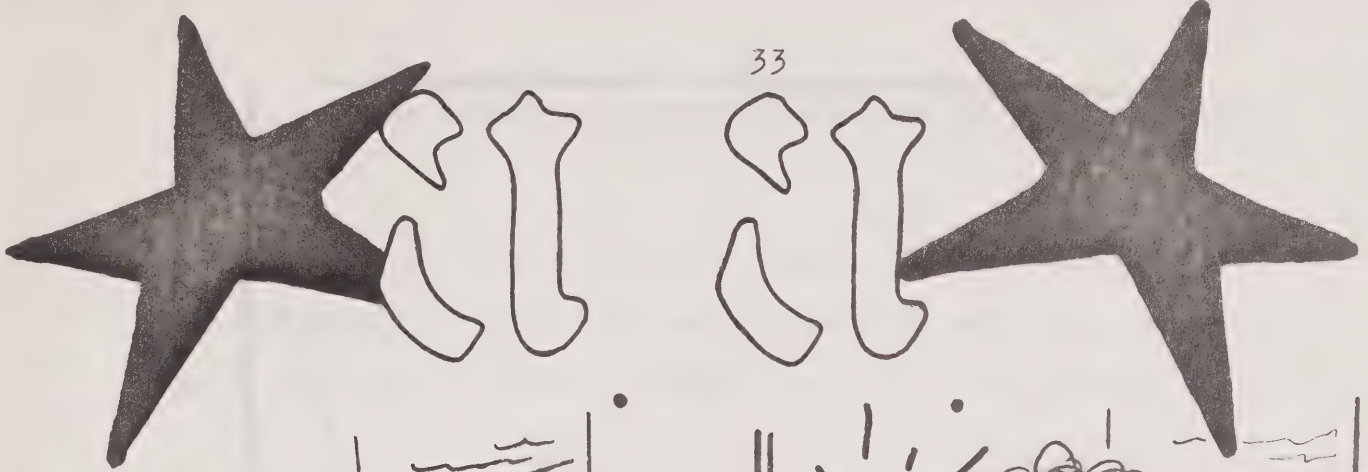
You are a people-maker.

BE PATIENT TOWARD ALL THAT IS UNSOLVED IN YOUR
HEART AND TRY TO LOVE THE QUESTIONS THEM-
SELVES.

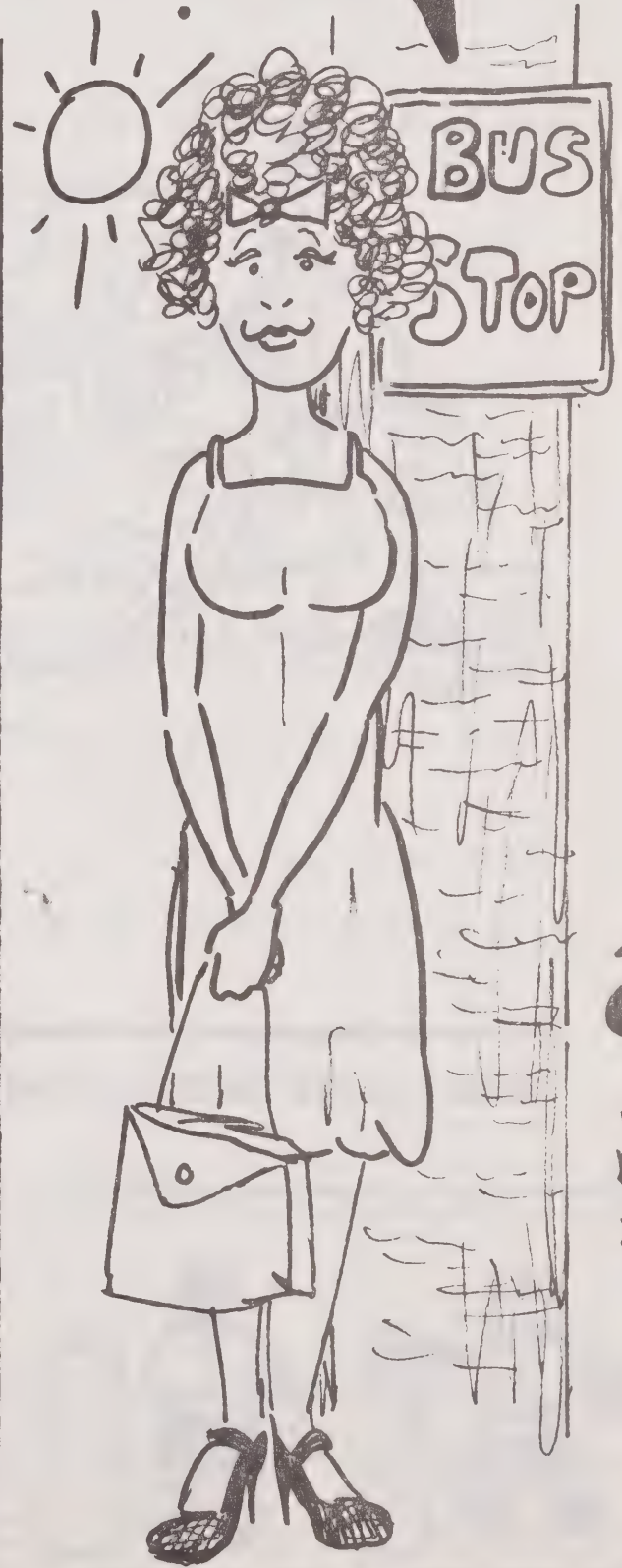
DO NOT SEEK THE ANSWERS THAT CANNOT BE GIVEN
YOU BECAUSE YOU WOULD NOT BE ABLE TO LIVE
THEM AND THE POINT IS TO LIVE EVERYTHING.

LIVE THE QUESTIONS NOW; PERHAPS YOU WILL
GRADUALLY WITHOUT NOTICING IT LIVE ALONG SOME
DISTANT DAY INTO THE ANSWERS.

RAINER MARIA RILKE



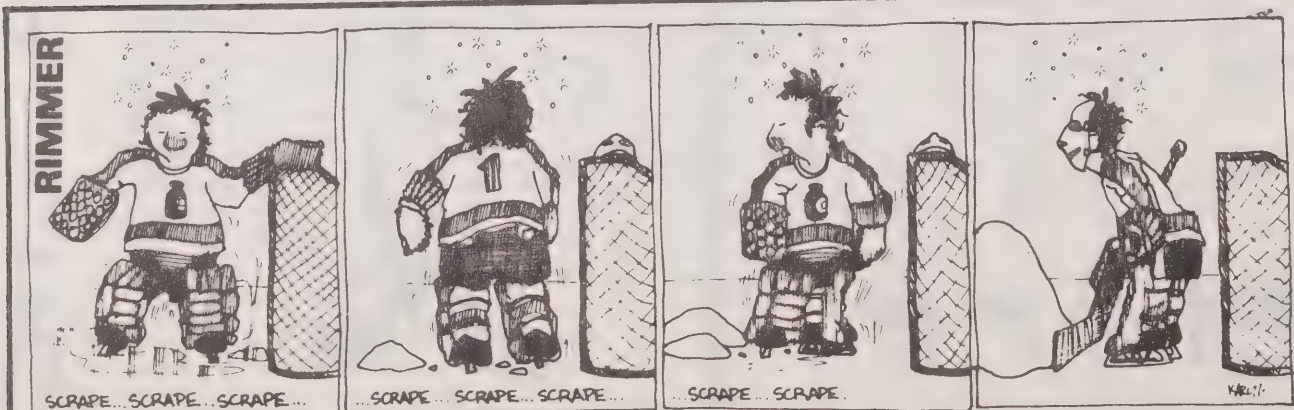
Before



after



"GUESS THEY DON'T WANT US TO REMEMBER WHAT THE GOOD LIFE WAS."



MODERATE DRINKING DOESN'T SHORTEN LIFE (Diana S. Woodruff)

If you were to eat two or three cigarettes, they would kill you. The reason is that nicotine, a major ingredient of tobacco, is poisonous. It affects the brain, the heart and other vital organs.

The amount of nicotine required to kill an adult human is 60 to 120 milligrams. You inhale about 2 milligrams of nicotine when you smoke one cigarette, but if you ate it you would consume 100-200 milligrams.

Think of the consequences if your baby found your pack of cigarettes and ate even half a cigarette. There are thousands of cases of accidental deaths, suicides and murders each year resulting from nicotine poisoning.

Cancer of the lung accounts for 20 per cent of the deaths resulting from cancer. And moderate cigarette smokers (10 to 15 cigarettes a day) have five times as many lung cancers as non-users.

Heavy cigarette smokers (16 to 25 a day) have 15 times as many lung cancers as non-smokers, and excessively heavy cigarette smokers (25 to 50 a day) have 25 times as many.

COAL TAR

The cancer-producing substances in cigarettes seem to be the coal tars released in the burning cigarette.

Toxic effects on the heart are noticed when the patient experiences the heart skipping several beats, or palpitating.

Heart abnormalities due to smoking are often manifested as dizziness, shortness of breath, headaches, or pains and distress over the chest.

Tobacco produces pain and stress on the heart when it is already damaged or weakened by some other condition, particularly coronary arteriosclerosis. Smoking causes constriction of the coronary arteries which can do more damage to the heart.

Blood pressure can be dramatically elevated by smoking. Blood vessels constrict under the influence of tobacco, producing poorer circulation.

Most smokers believe smoking aids their digestion because they relax and feel better after a meal if they smoke. These pleasant feelings are misleading, because tobacco is an irritant to all parts of the digestive system.

Lines and cracks can develop in the tongue as a result of smoking, placing it in a condition prone to cancer. This cancer may spread to the mouth and other parts of the digestive tract.

The effect of alcohol on health and longevity are quite different from those of cigarette smoking.

A moderate amount of alcohol does not appear to harm you-in fact it may even have beneficial effects. On the other hand, people who absolutely abstain from drinking are shown to have slightly shorter life expectancies and people who overindulge cut short their lives by a number of years.

There seems to be a threshold level for the body's tolerance for alcohol and amounts beyond this threshold (two drinks per day or less for most people) have no deleterious effect, while amounts exceeding the threshold (three or more drinks a day) do irreversible damage.

The U.S. Department of Health, Education and Welfare recently released a report that suggested moderate drinkers live longer than abstainers. "Moderate drinking" was considered to be less than three ounces of whiskey, a half-litre of wine or four glasses of beer a day.

Dr. Raymond Pearl in 1924 published a study on alcohol and life duration based on his work with over 6,000 adults in Baltimore. He concluded that "moderate" drinkers, whether males or females, and at all ages from 30 up, have a somewhat higher life expectancy than persons of the same age in the "abstainer" class.

Moderate was defined by Pearl as "one who used alcohol in any form but in small amounts at any one time and never enough to become intoxicated." This group lived about a year and a half longer than people who never used alcohol in any form.

TRY TO RELAX

However, Pearl also found that heavy male drinkers lived $5\frac{1}{2}$ years less than moderate drinkers and heavy female drinkers live over 13 years less than their moderate-drinking peers.

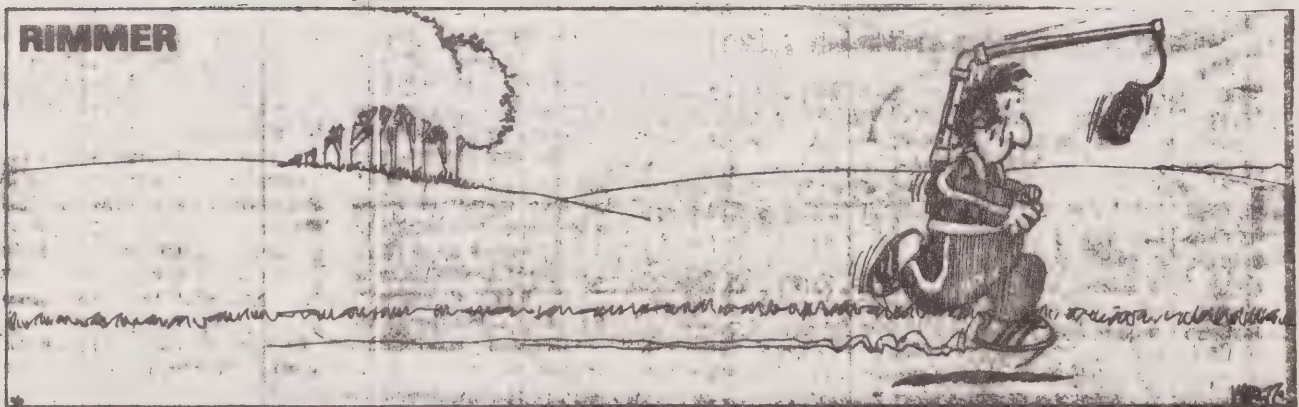
None of this should be taken to mean that moderate drinking means longer life. The only advice warranted by the data at the present time is that you should try to relax. A brisk walk for 15 minutes

can be at least as relaxing as a drink, so there is no reason to resort to alcohol.

For those who are moderate drinkers, the data suggest that there is no reason to change your ways. Other than the extra calories contained in alcohol, there appear to be no negative consequences to have a social drink. Just be careful not to mix drinking with driving or to become too reliant on your cocktail.

An overdose of alcohol, like an overdose of nicotine, can be fatal. A fatal dose ranges from one pint to one quart of whiskey, or 8 to 16 ounces of pure alcohol. In children, the fatal dose level is much lower.

Since we all have such very different tolerances for alcohol, it is up to you to gauge what is "moderate" drinking for your body. It may be less than two drinks per day and it should not be more.



CUT EARS OFF JOBLESS WHO DRINK, JUDGE SAYS

SOUTHAMPTON, England (Reuter) — Judge Ian Starforth Hill thinks men who spend unemployment insurance money on drink should have their ears cut off.

Hill was trying an unemployed man yesterday who was said to have been drinking before he stole a fur coat.

"I think it is time that we cut off their ears to make them realize that when they get their benefit it is for their families and not to go down their throats," Hill said.



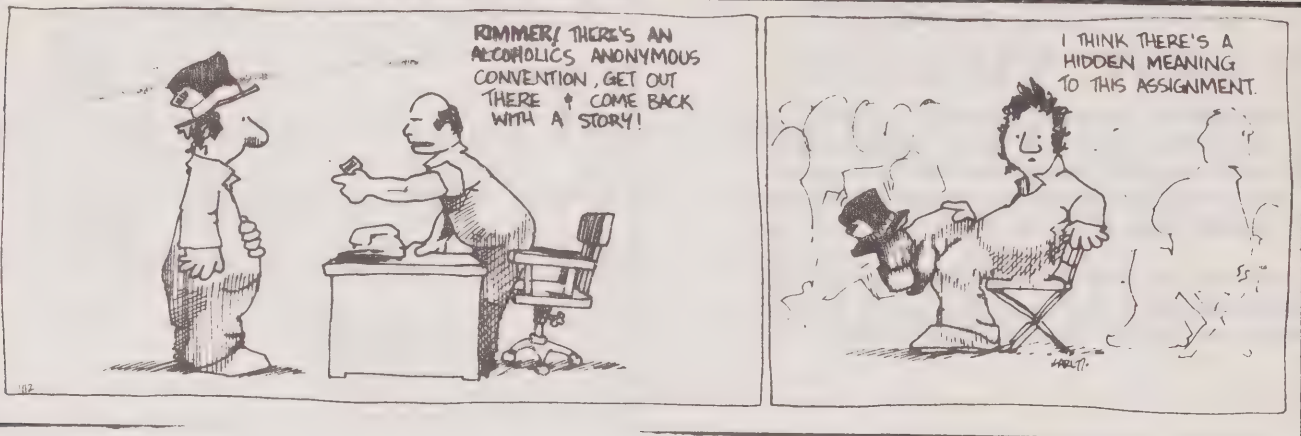
Poles are tops in hard liquor

AMSTERDAM (AP) — Poles drink the most hard liquor, West Germans the most beer and the French lead in wine consumption, the Dutch Council for Distilled Drink reports.

The council's annual report says that in 1977 Poles put away an average of 5.7 quarts of hard liquor, followed by Hungarians and Luxembourgers with 4.3. The average French consumption of wine was 107 quarts, while the West Germans topped the Austrians in beer drinking 159.5 quarts to 147.9.



RIMMER



50% of students use alcohol: Report

FREDERICTON (CP) — One of every two junior and senior students at 42 New Brunswick high schools surveyed last year had consumed alcohol in the previous six months, a report says.

Approximately one in every five students reported using marijuana and 41.7 per cent had used tobacco in the same period.

Results of the survey,

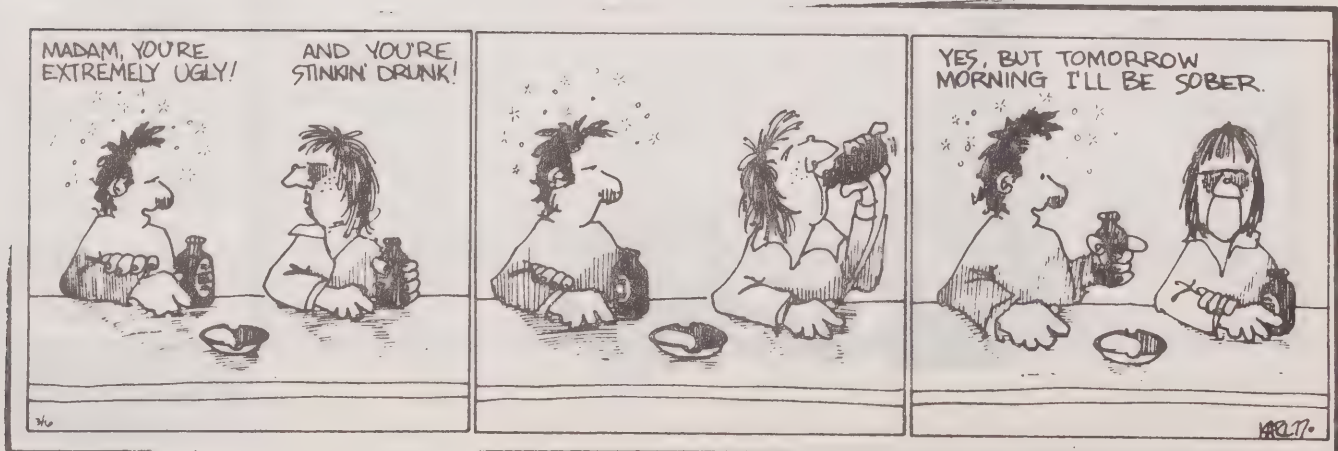
sponsored by the alcoholism branch of the provincial health department and financed by the federal health department, were released by New Brunswick Health Minister Brenda Robertson.

The survey involved about 10 per cent of the students in 42 senior and junior high schools from Fredericton to Edmundston.

It found that stimulants were used by 7.8 per cent of

the students, tranquilizers by 6.9 per cent, downers by 5.4 per cent, barbiturates by 4.4 per cent, hallucinogens by 3.1 per cent, and opiates, glue and LSD by 2.6 per cent.

The rate of alcohol use grew from 18.5 per cent of students in Grade 7 to 73.9 per cent of Grade 12 students. Of those using alcohol, 24.2 per cent were drinking at least three times a month.



Happy Mother's Day

May your own special day
Be the happiest sort
Filled with wonderful hours
That seem much too short
And then may each day
Of the coming year, too
Bring all of life's nicest
And best things to you.



Red Barber

Dear Mom:

I was going to send you a Mother's Day card and then I got to thinking that the message on the card would be somebody else's and I decided all of a sudden that for once in my life I would try to give you my own thoughts. But my thoughts are more like feelings than thoughts, I guess, a kind of tightness in my throat and pressure in my chest and an emptiness in my stomach. How does one put that into words?

Never in all my life have I missed anyone as I have missed you. I miss you even now. I can never fully realise how it can be possible that I may never see you again never to see your dear face or hear your gentle voice that made my little world so happy, so serene and so secure. There were many who hated me and wished me all manner of evil, but you, a humble and compassionate woman stood as a bulwark and a tower of strength between them and me. You were all of the things that now enshrine your memory deep in my heart.

Now, it seems so strange that when you were with me, I could never remember all the things that you said to me and taught me. And now that you are many miles away from me, I seem to recall every word that you said. You would always say to me, "Son, be good." I heard it only with my ears then. Now I hear those same words again deep within my heart. They repeat themselves over and over again so that I want to do the things that are good and right. Not because I want the good opinions of others but because wherever you may be now, you can look upon me and say, "My son, I'm proud of you."

Now I must close this letter, Mom, not for any lack of things to say but because my heart is full of sorrow when I think of how much I neglected you and your wonderful love and in closing, what tribute can I pay you, Mom? Actually, there are only four words a Mother hopes to hear a son say, that to her would compensate for all her heartaches. But for the life of me, I don't seem to remember ever saying them to you, Mom, But I'll say them now, with all the special meaning that goes with them. I love you, Mom.

Love always,
Your son.

Inside World - May - 1966

MOTHERS

God, be kind to mothers

With cookie jars to fill,
And funny lullabies to sing
When dusk blows down the hill!

Who scrub small children's faces
When early school bells ring,
And let a boy bring puppies home,
Or bugs, or anything.

God, be kind to mothers

When it is candle-time,
And children's rounded voices
Say prayers in ordered rhyme.

May there be special blessings

At night, when houses sleep,
On all the mothers everywhere
Who have child hearts to keep.

- Helen Welshimer.

A MODEL MOTHER

When God looked down upon the earth
And chose to put new blessing here,
Gifts from above
To show His love
And lighten earthly joy and care,
He gave the sky the sunset glow;
Gave fragrance to the lily's blow;
To children's play,
And then to every yearning soul
He gave the gift of tenderest worth.
A Mother.

- Author Unknown.

THE SWEETEST NAME

Her home her kingdom, she its queen:
Her reign was faithful, honest, clean,
Impartial, loving, just, to each
And everyone she sought to teach.
Her name? Of course, there is no other
In all the world so sweet - just Mother!

- May Allread Baker.

TO THE OUTSIDE READERS



PLEASE RENEW YOUR SUBSCRIPTIONS! WE ARE IN NEED OF
THE FUNDS TO BUY STAMPS AND WITHOUT IT WE MUST LET
MANY PEOPLE GO WITHOUT AN ISSUE?



LOVELY LADY

With most strangest feeling of joy,

I have awoken from a beautiful
dream, and the spirits of rebellious man
have drifted from my body.

I have met Lovely Lady,
who softly spoken words of Love,
And instantly I wanted to live
and rejoice!

With many obstacles in Our Way,
I knew I had to put it off another day,
Sadly I felt all alone
And I dreamed of Her on days,
but nights she was gone like rays,
until tonight I caught her in fifth
dimension, softly with breeze
on the lips of a rose,
she was saying I give
You Justice, Beauty, Power, Love,
Just come with me, be mine
forevermore.

And we walked together to Varsity
and she was full of beauty
looking so pretty
Oh what a splendid night and day
She gave what she promised-
"Love Peace Beauty."

NIGHTTESS DREAM

Take me with you!!!

Take me with you!!!

I don't want to stay here no more

You see i already spent two years of my life in here. It's terrible!
Being away from home, it's really hurting feeling.

Then; as my screams to God die down I look at those who have spent
a decade in this prison; Ph! How I wish for them to have freedom!
They have been punished long enough, doesn't anyone care? Please
look into the cases of people who have spent so much time here, and
help them to get out from these institutions!

There are those who ran out of tears, ran them dry, but just
for all those hurt individuals I shed tears tonight, because there is
alot of beautiful people in these prisons! Let's get them out!
Let's help!

Public out cry, no let's do this with mind power, the right
channel must be found to sympathetic government man who will see the
injustice done to many (by now) innocent, striving to live once
again!!!

AT TIMES

at times

i feel as gentle

as the falling snowflake

as a ray from the storm of life's

cold cutting blizzards

these thoughts foolish

you may say

the truth lies in your heads

fortified with false beliefs

your minds stagnant fossils

locked behind tradition's iron doors

shackled motionless

by fear of the unknown

you will not wander

you've made your home

so now rot there

death will come

soon enough

VETERE

TO BE ALONE WITH YOU!

To be alone with you,
Just you and me,
Now won't you tell me true,
Ain't that the way it ought to be.
To hold each other tight,
The whole night through,
Everything is always right,
When I'm alone with you.

To be alone with you,
At the close of day,
With only views of you,
While evening slips away.
It only goes to show,
That while life's pleasures be few,
The only one I know,
Is when I'm alone with you.

I'll always thank the Lord,
When my working day is through,
I get my sweet reward,
To be alone with you.

by Cheryl Ellerbeck

MY MEMORY OF YOU

I've never had a friend so dear,
As you were to me.
Together we even shed a tear,
But now we never speak.

I knew that something wasn't right,
But I thought that it would pass.
And now its caused a real big fight,
I'd like to kick my ass.

True friends are hard to find,
And none will be like you.
They say there's only one of a kind,
I'm sure that one is you.

Now that we are parting,
I'll always think of you.
A new friendship I'll be starting,
But forever there will be room for you.

by Cheryl Ellerbeck

THE RAREST JEWEL ON EARTH

Just like a fool,
I childishly thought.
That this rare jewel,
Could once be bought.

Do you know this stone,
You cannot touch.
But when alone,
You yearn so much.

For from the heart,
This gem is born.
Not from the earth,
To be forlorn.

When the sun is out,
All shining for you.
There are lots about,
So don't be a fool.

For if you are,
Though may not yet.
You'll wear the scar,
Then not forget.

Tis when your day,
Turns not so good.
They roll away,
Just like they should.

That's why I say,
Rare when it shows.
Come cloudy day,
Still this one glows.

This is the jewel,
I'd like to send.
To you, all yours,
A real true friend.

If one should fall,
Along the way.
Guard with your life,
It, night and day.

For it's much luck,
That brings this worth.
Hold close to heart,
Rarest jewel on earth.

by Bill Pennell

THERE IS A MAN!

There is a man so sweet and kind,
Who is forever on my mind.
His behavior and his winning looks,
Are number one in my books.

I've done a lot of good, I've done a lot of bad,
I've made you happy, I've made you sad,
Just a little longer and I'll be free,
And in you arms is where I want to be.

Although we are apart,
I love you with all my heart.
My love, dear, is true,
And it's only just for you.
So please don't be blue,
For I shall always love you.

I want you as my man forever,
And I will desert you never.
Whenever you want me by your side,
There I will stay and forever abide.

by Cheryl Ellerbeck

'SANTA RITA BLUES'

So sad to be lonesome,
 An empty feeling when your down.
 When you ain't got nobody to talk to,
 None of your good friends are around.

Saddest thing in the world,
 That makes the time go by so slow.
 Is doing time with strangers...
 Time with people you don't know.
 There's lots of people in this jail,
 But most of them are too uncool;
 Man on one side...He's crazy...
 Low rider on the other...
 He's a fool.

When I think about being in jail,
 Can't hardly keep from crying;
 Caused me to lose my baby,
 Now it's causing me to lose my mind.

Been too long in this jail,
 Being locked up got to my brain.
 My soul is full of sorrow,
 And my heart is full of pain.

By M.DAUGET.

'Viewpoint;California!

ON BEING A GUARD

I WORK AS A GUARD
 CAUSE I CAN BE TRUSTED
 I SIT FOR EIGHT HOURS
 AND AM FREQUENTLY DUSTED
 YOU KNOW I'M CLEAN-LIVING
 CAUSE I'VE NEVER BEEN BUSTED
 I DREAM OF EXCITEMENT
 CAUSE THAT'S WHAT I'VE LUSTED
 BUT I WORK AS A GUARD
 AND MY DREAMS ARE COMBUSTED
 I'M TELLING YOU NOW
 THAT I'M REALLY DISGUSTED
 MY MIND'S NOT GONE YET
 IT'S JUST THAT IT'S RUSTED.

Submitted by RICK BEAUDOIN



Wanted

Stories

Poems

Jokes

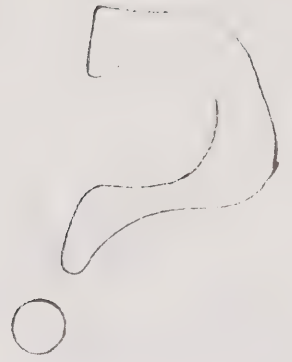
News Headlines

For Avatar

QUIZ

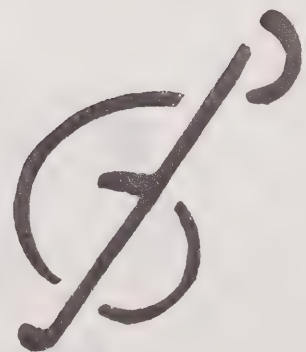
- 1.) Who were the first people put into the Rock and Roll Hall of Fame?
- 2.) How could you forget him? He played Herman in the television series The Munsters.
- 3.) Who played Gramps in the Lassie series?
- 4.) What were the names of that crazy trio, The Three Stooges?
- 5.) Singer Tony Bennett left something in a California city? What was it?
- 6.) What great monarch died in 1901 after a 63-year reign?
- 7.) What was unusual about the Oscar during the Second World War?
- 8.) Three stripes are the trademark of what company?
- 9.) Here's a prickly one: What is the flower of Scotland?
- 10.) The Pope lives here. What country is it?
- 11.) What character made the words "exit stage left" famous?
- 12.) Fort Knox is where the U.S. keeps its gold. What state is it in?
- 13.) Who was the American president elected into office twice but not in a row?
- 14.) What animal is known as the river horse?
- 15.) Who created the television series Voyage to the Bottom of the Sea?
- 16.) Once there were seven wonders of the world. Which one remains?
- 17.) Which country was the first in orbit?
- 18.) Name three birds that cannot fly?
- 19.) Who are the "Broad Street Bullies"?
- 20.) What year did the Titanic go down?

h e



h o p p e r s

i t . o u t s



PUNCH



"Wait a minute, man—do you mean we're ALL plain clothes drug squad officers here?"

CHARMERS

2-9

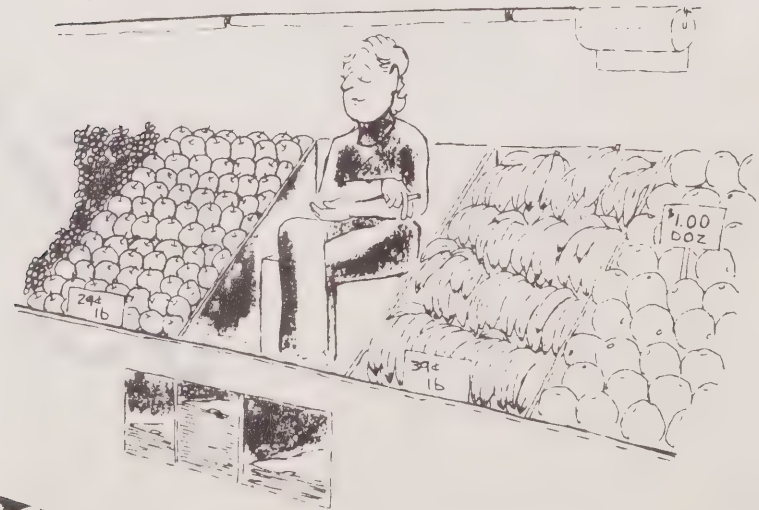
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Love makes life lovely.

Pink panties
called erotic

FRUITS



Well-wishers shoot bride

BELETWEYNE, Somalia (Reuter) — An 18-year-old bride was shot in the head at her wedding by a band of enthusiastic well-wishers.

Dama'a Hassan was rushed to hospital here after being hit when several gun-toting men at the ceremony fired into the air to mark the happy occasion.

NO DUMMY HERE 4 PERFECT HANDS

DUBUQUE, Iowa (UPI) — The four women swear it's true — and that there were no underhand tricks. They got together for a game of bridge and were all dealt perfect hands.

Carol Gehl had 13 clubs, Jean Reiter 13 hearts, Margaret Moran 13 spades and Norma Kurt 13 diamonds. The women were so shocked by the event, Monday, they didn't even play the hand.

That's not surprising. For the Guinness Book of Records says that if all the people in the world were divided into bridge foursomes, and each group was dealt 120 hands a day, a perfect deal would be expected only once in 62 trillion years.

The mathematical odds against it happening are about 2 octillion to 1, or exactly 2,235,197,406,895,366,368,301,559,999 to 1.



*"I'm practically a virgin. I used to belong
a little old man who was asleep
every night by nine-thirty."*

Black and white and red all over!

TEHRAN, Iran (UPI-Special) — Thieves really made an ass out of Musht Jaafar. Seems they stole his white donkey, dyed it black and sold it back to him.

The Tehran Journal reported yesterday that after fruitless attempts to trace his lost donkey, Jaafar, who lives in Shahr-e-Kord in south-west Iran, went to the local cattle market where he bought a black donkey.

All was well until Jaafar and the donkey were caught in a sudden downpour.

The paper said: "The donkey turned white and Jaafar red."



PASSION



"Okay, now shift your weight onto the left leg during the follow-through."

Inmates called crazy to refuse gang work

By ARTHUR JOHNSON
Globe and Mail Reporter

ATLANTA — Correctional Services Minister Frank Drea says that any Ontario prisoner who refuses to participate in Georgia-style work gangs he intends to set up should have his head examined.

Mr. Drea spent yesterday in Georgia watching three such gangs at work under armed guard. He said that putting Ontario prisoners to work would save taxpayers millions of dollars, instil good habits in prisoners and take care of many jobs that need to be done around the province.

However, feelings in Georgia against road gangs ran so high during the early 1970s that the administration of Jimmy Carter, then state governor, stopped them.

They were revived last year after Mr. Carter left state politics and campaigned for the U.S. presidency.

As David Evans, Georgia's Commissioner of Cor-

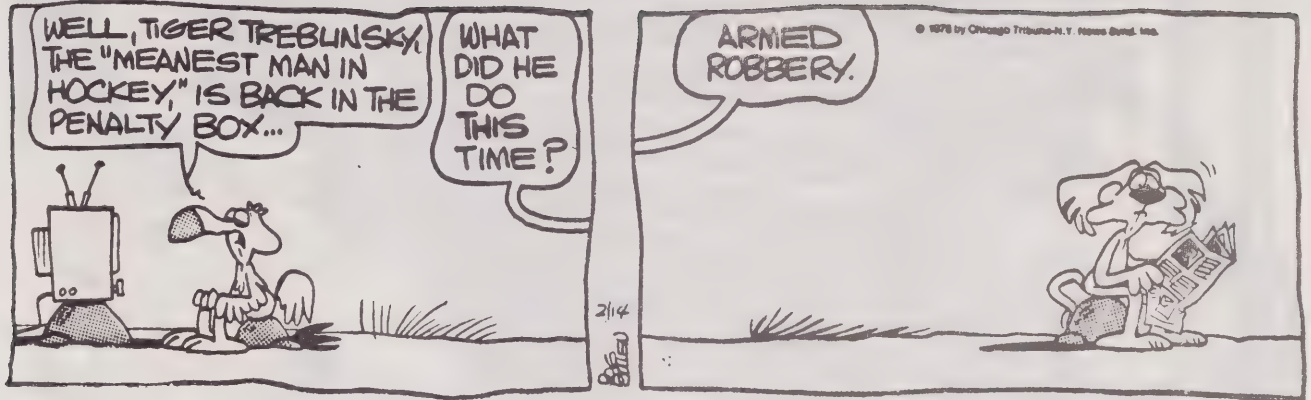
rections, explains it, the controversial road gangs were stopped from 1972 to 1977 because of Mr. Carter's determination to come across as a political reformer and as a man with a firm hand on the purse strings.

Mr. Evans told a press conference that the road gangs were closed "primarily based on finances. In 1972, our now-President was governor here in Georgia and he reorganized state Government. Part of his reorganization plan was to cut what he considered excessive costs or expenses.

"A lot of rhetoric was handed out as to what was expensive as far as utilization of inmate labor."

He said it was also an era when the rehabilitation of criminals was being pushed in Georgia and across the United States. He said the state Department of Transportation used prisoners to clear brush, maintain highway rights of way and perform other various jobs under an agreement with the Corrections Department.

ANIMAL CRACKERS



THE MAZE CRAZE

Here's a challenge that's fun. Try to solve this Brandy Glass Maze by entering at the arrow at bottom and working your way through to the exit at the top. If the going makes you dizzy, the solution's on page 16.

BRANDY GLASS MAZE: Time limit 1 minute.
 By Vladimir Kozlakin, author of the book, *Mazes 1 through 7*.



He's no Houdini

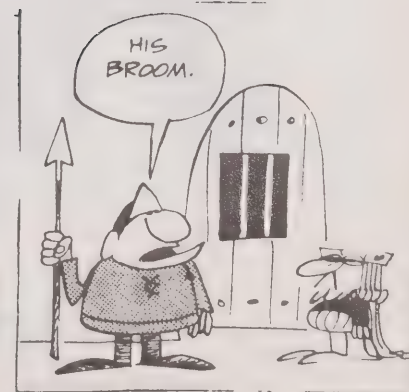
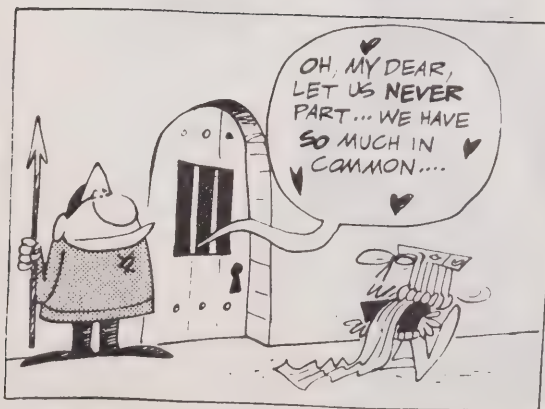
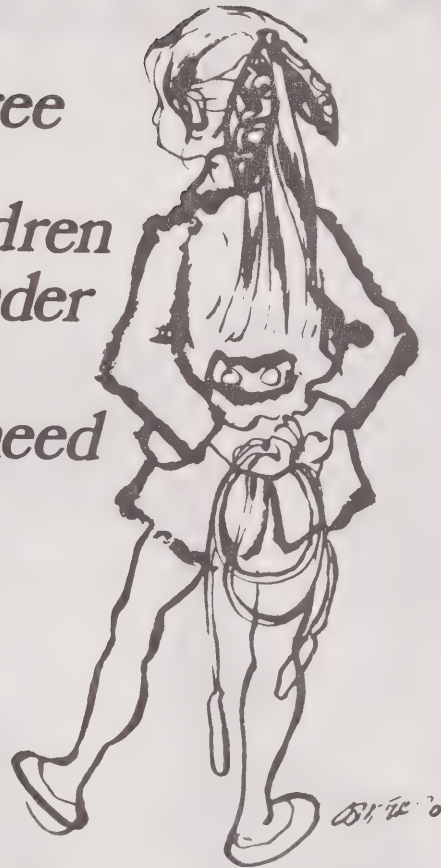
Lester Martin, a prisoner in a jail in Rome, Ga., decided to pull a vanishing act. But the would-be Houdini got stuck mid-way through the act. He managed to get his head through

the bars but the rest of him refused to follow. Then his head refused to return to the cell. Martin was rescued several hours later when police removed a number of bricks. —AP



*This year, three
out of every
hundred children
in Ontario under
the age of
sixteen will need
the help of a
Children's
Aid Society*

your
CHILDREN'S
AID SOCIETY
needs your help!



Homosexual hijacker



ANGIE works for a construction company and likes cooking, riding and camping.

Crossword

ACROSS

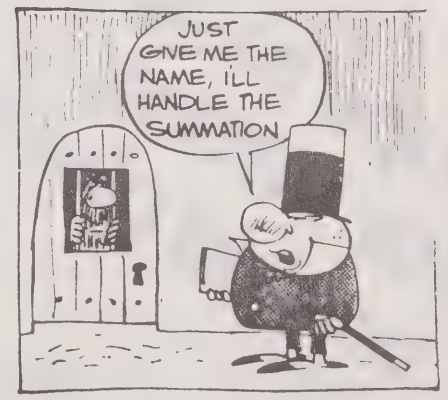
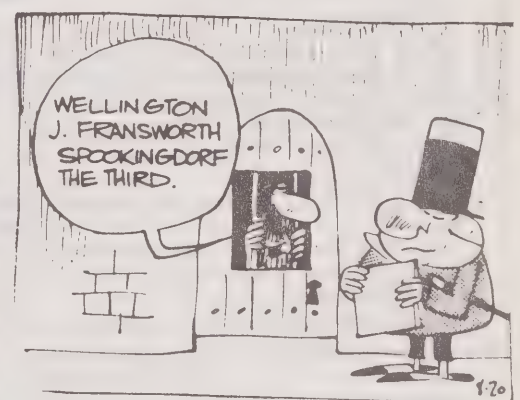
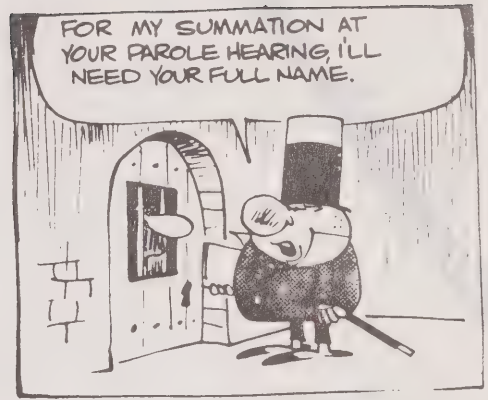
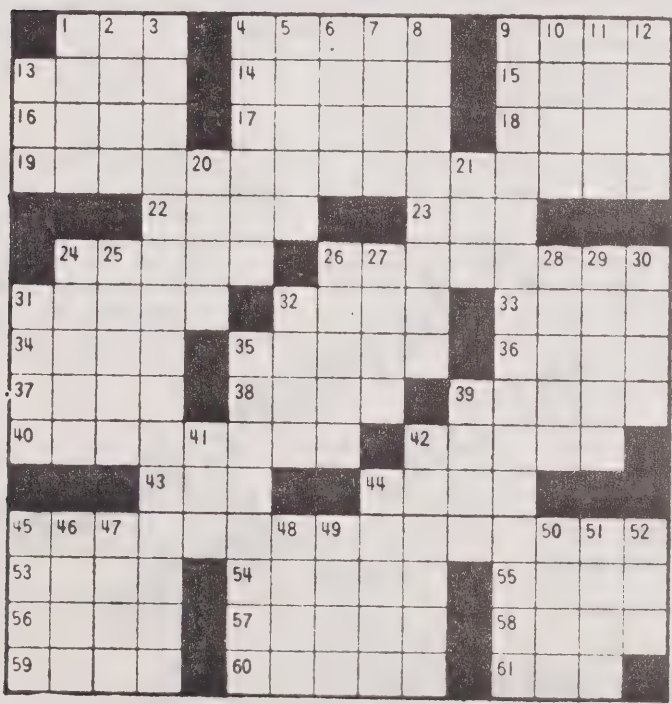
- 1 Literary initials
- 4 Meat jelly
- 9 Tin foil for mirrors
- 13 Part of a bowknot
- 14 The same
- 15 Knob on a shield
- 16 Boy in Caesar's Rome
- 17 Take away: Law
- 18 Function
- 19 Popular pet
- 22 Negative votes
- 23 Residue
- 24 Wine beverage
- 26 Contents of a shopping bag
- 31 Emulates Nicklaus
- 32 Fortitude
- 33 Lopez's theme tune
- 34 Toilet case
- 35 Walks wearily
- 36 Guy's companion
- 37 Noun suffix
- 38 Film director Clair
- 39 Central Caucasian
- 40 School subject
- 42 Western ski center

- 43 Hungry Horse, for one
- 44 On — with
- 45 City near Pikes Peak
- 53 Colorful fish
- 54 Discriminative faculty
- 55 Dickens character
- 56 "Gift of the —"
- 57 Ruhr city
- 58 Hoary
- 59 Moreover
- 60 Fragment
- 61 Earth

DOWN

- 1 Ascend
- 2 Transvaal resident
- 3 Place on the Mad River
- 4 Sayings
- 5 Factions
- 6 Wing: Prefix
- 7 Citizens of: Suffix
- 8 Certain cars
- 9 Perform certain athletic stunts

- 10 To me: Fr.
- 11 Adjective suffix
- 12 Coward
- 13 Records, for short
- 20 We: Fr.
- 21 Inquire
- 24 — to (incapable of)
- 25 Baffle
- 26 Antler tip
- 27 Staff officer
- 28 Tailor's iron
- 29 Lochinvar's lady
- 30 Pungent wit
- 31 Obtains
- 32 Valley
- 35 Apes
- 39 Glacial ridges
- 41 Gibbon
- 42 Add
- 44 Michaelmas daisy
- 45 Stupor
- 46 Gem
- 47 Moves slowly
- 48 Vigor
- 49 Greek mountain
- 50 Pianist Peter
- 51 Pleased
- 52 Actor Stallone, to friends



68

JP charged in assaults

MIDLAND, Ont. (CP) — A justice of the peace has been charged with five counts of indecent assault against five Midland-area women.

Det.-Insp. C.A. Cousens of the Ontario Provincial Police, said yesterday that Charles A. Berman, 59, is to appear in provincial court on charges stemming from a complaint to police in this town 40 kilometres northwest of Barrie.

Policeman held on \$200 charge

Constable remanded

'Police laughed at rape victim'

EDMONTON (CP) — A local truck driver says a naked, badly-beaten rape victim shivered in -25C (-13F) degree weather for several minutes as two policemen argued over which of them would drive her to hospital.

The truck driver said the policemen did not want to dirty their cars with the bloodied woman. He said the first policeman on the scene Saturday shook his head, then laughed when he saw the rape

victim, her face a bloody pulp, her hair frozen straight up on her head with her own blood.

The driver, who asked that his name not be revealed, said he was driving through the city at about 4 a.m. Saturday when someone jumped in front of his truck from behind a parked car.

He said he braked his truck and went into a skid. When he stopped a naked woman came running toward him, crying: "Please help me.

Please help me. I need help."

At least 10 cars travelling in the opposite direction didn't stop to help, the trucker said.

Police Superintendent W. H. Stewart said yesterday he would not comment until he had seen the policemen's report. However, he said, the fact there was a report indicates "they treated it like any other rape case."

Cops to pay for hitting wrong place

Policeman jailed on theft charge

Metro cops arrested



ROBERT CARTER
'Pound of flesh'

Canada 'jail-happy': Lawyer

A LITTLE imagination could clear out crowded jails and slash the staggering cost of correctional institutes, a Toronto criminal lawyer said last night.

Robert Carter was addressing the annual meeting of the John Howard Society, filling in for his partner Clay Powell who was originally scheduled to attend.

Mr. Carter, speaking on Trends in Sentencing, said society can no longer afford to pay the estimated annual cost of \$15,000 per prisoner, and urged lawyers and judges to use their imaginations in devising alternatives to jail sentences.

The jails are full of people who should not really be there, Mr. Carter said. Most are people convicted of property offences who are not a physical threat to society, he said.

"Canada is jail-happy," he said. "In most cases, the judge opens the criminal code book, finds the sentence can be from nothing to life and picks a figure somewhere in between."

"Certain dangerous and violent people have to go to jail, but there is a small number of them. The average individual has committed an offence purely for profit and is not a danger to anybody."

Mr. Carter advocated that such criminals be "hit where it hurts the most." He said the individual should be fined an amount equivalent to the property damage or theft and forced to work in some community service.

"That way you'll keep him in the community, earning his keep, supporting his family and saving yourselves \$14,000 a year," he said.

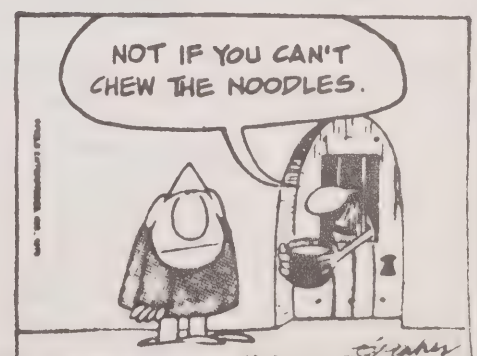
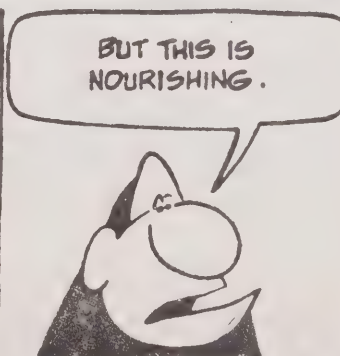
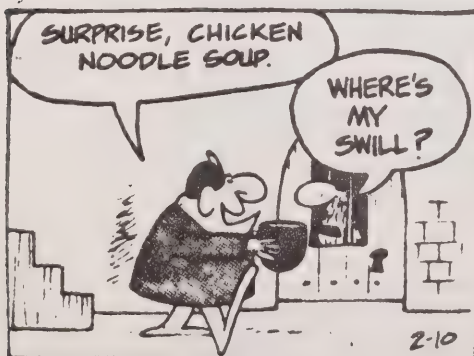
"I don't believe in the rack or the thumbscrew, but I do believe in a change of attitude. We don't use enough imagination. If you used your imagination, you

could think of all kinds of ways for society to be paid its pound of flesh. Right now, it's paid by putting someone in the slammer."

Diversion

Diversion, in which a convicted person is diverted from jail to a facility which would do him more good, is another area that should be studied, he said.

Mr. Carter said individuals such as exhibitionists should be diverted to psychiatrists, not sent to jails.



Whizword

BALLOONS & AIRSHIPS

Solution: 8 letters

DIRECTIONS: All the words in the theme words are in the puzzle—horizontally, vertically, diagonally, even backwards. Find them and CIRCLE THEIR LETTERS. The letters left over will solve the puzzle.

G	S	F	A	M	O	U	S	F	A	M	T	S	E	T
N	Y	A	D	I	G	I	R	N	O	N	R	I	S	K
I	O	M	N	E	C	A	R	N	R	E	K	O	M	S
D	T	U	I	D	N	E	T	R	G	A	S	E	S	T
N	G	I	E	C	B	G	L	N	R	B	G	I	F	P
U	R	L	E	D	O	A	E	B	E	N	L	I	M	O
O	U	E	C	L	U	S	G	N	I	K	L	I	C	D
S	B	H	F	A	S	T	G	S	Z	G	L	R	R	D
B	N	I	Y	A	P	I	I	E	O	B	I	A	A	A
A	E	R	P	D	N	T	P	T	R	V	F	R	E	L
R	D	I	N	E	R	P	I	I	L	F	E	P	I	O
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THEME WORDS

A--Advertising, Altitude; B--Barrage, Blimp; C--Captive, Cigar; D--Dare, Dirigible; E--Engines; F--Famous, France; G--Gases, Giffard, Gondola; H--Helium, High, Hindenburg, Hydrogen; L--Lift; M--Montgolfier; N--Nonrigid; O--Over; P--Passengers, Principles, Propeller; R--Race, Rigid, Rise, Risk, Rope, Rozier; S--Sandbags, Silk, Smoke, Sounding; T--Test, Toys; W--Wire; Z--Zeppelin.



Francisca Elizabeth Duran: Lives in shanty-town slums of San Salvador. Home a derelict wooden hut. No water, no electricity, no sanitation facilities. Diet lacks even basic nutrition. Life lacks even simplest hopes.

Where in the world can Francisca find help?

Francisca isn't aware of the existence of a world other than her own. The only life she knows is the harsh and joyless life she leads. She cannot even comprehend the thought that someone, somewhere could help ease the pain she faces daily. To Francisca, release from poverty's cycle of sickness, illiteracy, hunger and death is nothing more than an impossible dream.

Overseas, there are thousands of impoverished children like little Francisca. But when you think in terms of helping just one, the situation isn't quite so hopeless anymore. By becoming a Foster Parent, you can extend the hand of love to a destitute child. Through a small monthly contribution, you can help provide a Foster Child and his family with decent food, proper medical and dental care, and all-importantly, education. Each family member will even be able to choose the type of training most suited to his needs – from vocational classes for the father, to traditional academic education for the Foster Child and his siblings.

Through a regular exchange of letters and photographs, you and your Foster Child can slowly grow to feel close to each other, despite the miles that intervene. As you share your dreams and your love, you can watch with a warm sense of fulfillment as your Foster Child and his family move closer toward self-sufficiency.

Your financial contribution can even help your Foster Child's entire community, by contributing towards development projects such as the building of sanitation facilities, or the digging of wells for potable water. Please... a child like Francisca needs your help. Just fill out the coupon below, or call toll-free: 1-800-261-4888.

CALL TOLL FREE ANYTIME 1-(800)-261-4888

Information will be sent immediately (IN METROPOLITAN TORONTO 671 2558)



FOSTER PARENTS PLAN OF CANADA

153 ST. CLAIR AVENUE WEST, TORONTO, CANADA M4V 1P8

I want to be a Foster Parent of a boy ☐ girl ☐ age _____
country _____ or where the need is greatest ☐
I enclose my first payment of \$19.00 Monthly ☐ \$57.00 Quarterly ☐
\$114.00 Semi-Annually ☐ \$228.00 Annually ☐
I can't become a Foster Parent right now, however I enclose my contribution
of \$ _____ Please send me more information ☐ Tel. No. _____

Name _____

Address _____

City _____ Prov. _____ Code _____

I wish communication with PLAN to be in English ☐ French ☐

PLAN operates in Bolivia, Brazil, Colombia, Ecuador, El Salvador, Haiti, Honduras, Indonesia, Republic of Korea, Mali, the Philippines, Sierra Leone and Upper Volta. Foster Parents Plan of Canada is officially registered as a Canadian Charitable Organization by the Federal Government. Contributions are tax deductible.

PRF 2008

GO BOY! Memoirs of a life behind bars

by Roger Caron

March. Nonfiction. 5 1/2 x 8 1/2. 250 pages. \$10.95

This is the autobiography of a man who has spent all his adult life in one prison or another, including a long, demoralizing period in solitary. The extremity of Roger Caron's struggle removes this life far beyond ordinary experience although there are elements that make his story almost a metaphor for contemporary man.

The strong, dramatic narrative races along as his life tumbles from one tight scrape to another, disaster to disaster, always out of control. In the telling it leads us through the worst riot in Canadian penitentiary history during which 14 child molesters and informers were tortured and killed by inmates.

"Go boy! Go boy!" is chanted by the other inmates when an escape is attempted and, as the title of this book it is singularly appropriate because the author intends it to serve not only as an open examination of his life but as a vehicle through which he can escape to go straight. Prison slang is used with restraint and the book is eminently readable. All the elements of a good story are here: love, exciting chases and escapes; horrifying brutality, torture and murder. Pierre Berton will write the introduction.

ROGER CARON, an inmate in a Canadian maximum security penitentiary, writes of himself, "all in all I have spent 22 of my 38 years locked away in one cell after another as a result of my perverseness in robbing banks and busting out of jails." He was one of a family of 15 children and the son of a Cornwall bootlegger. He was hustled off at the age of 16 to Guelph reformatory where he managed to survive the armed guards, the road gangs, and the other inmates. But that was only the beginning. Although he never completed grade school Mr. Caron has edited and contributed to various prison magazines and is an intrepid letter writer. He is now serving a 16-year sentence for bank robbery.

SBN 07-082535-1

GO BOY!

memoirs of a life behind bars

Roger Caron



with an introduction by Pierre Berton

AL MAC PROGRAMME

The Al Mac programme is set up to help find solutions to the problems caused by alcohol & drug abuse. The programme will look at different aspects of this problem. We hope to look at the physiological, psychological, and social difficulties that arise from prolonged addiction. The emphasis will be placed on the education of the person, in order that he will realize the harm that he is doing to himself and others.

We hope, through a programme of lectures, films, discussion groups, involvement of agencies, A.A.A.R.F. etc., that the person will be helped to understand his problems. It should be realized that this programme is only a beginning for the person. If he wishes Al Mac will make provisions for continued help and support after release.

Our prisons are filled with a high percentage of people who wouldn't be there had they not encountered an addiction problem. It is our hope that this group will help motivate the members to overcome their addiction problem.

A SHORT GUIDE TO HOME BUG-SWEEPING

The most common 'bug' is the Transmitter Microphone, these things are quite small and are hard to locate by eye. Most, however can be spotted using a television set or an F.M. radio. Turn up the radio volume and tour the house tuning to various stations (F.M.) when you are near a bug the radio will shriek with much the same noise as feedback from a rock band.

With a T.V. take the 'rabbit ears' and tour the house watching for interference on each channel, you should be able to find 80% of transmitter microphones with these two methods.

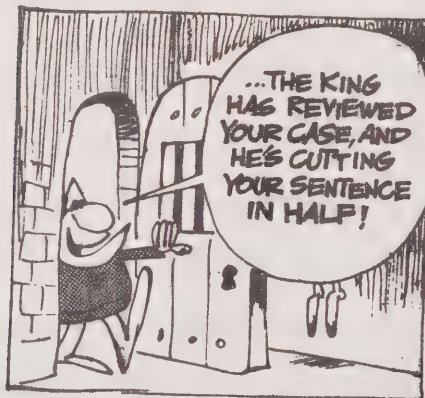
The Directional or 'Shotgun' Microphone picks up conversation by being aimed directly at your mouth, this can be overcome by generating as many different frequencies as possible so turn on every sound device in the house up loud and keep the drapes shut, or you can talk thru your asshole.

The Laser Microphone is a beam of light aimed at your window returning sound waves from your window, this is a tough one.

Buy a concave shaving mirror, a photo detector diode and a Volt-Ohm-Meter. Find the focal point of the mirror attach the photo detector diode at this point. At dusk with the ohm-meter dial at minimum reading scan every inch of your windows with the mirror-diode when the ohm-meter needle flicks you have found the laser, angle the mirror to find the direction of the laser.

The Micro-wave take a piece of tinfoil and rotate it round a really cheap transistor radio tuned to a blank spot on the dial volume at maximum, if the foil obstructs a micro-wave source the static will become louder.

Telephone taps, don't know how to overcome these but record a repetetive obnoxious sound attach two alligator clips to a wire plugged into the recorder fix them on the terminals of the telephones wall socket dial your own number and turn on the tape.



Ontario starts closing its 'jails for children'



Juvenile in detention: Few benefit positively

ONTARIO STARTS CLOSING ITS 'JAILS FOR CHILDREN'

The closing of two provincial training schools for juvenile offenders announced yesterday marks a major shift in Ontario's treatment of delinquent children who deviate from society's rules.

The emphasis is away from isolating such children in institutions. Instead they are moved to such community settings as group homes in residential areas.

The first changes take place April 1 with the closing of Hillcrest Training School in Guelph and Sprucedale Training School in Hagersville, both announced yesterday by Keith Norton, minister of community and social services.

Training schools for children aged 12 to 16 and sometimes up to 18 have come under the ministry's jurisdiction since July, 1977, with the creation of the Children's Services Division, headed by Judge George Thomson.

THREE CENTRES

The province's 10 training schools, now capable of handling 885 children, will be reduced over the next four years to three centres for a total of 120 children. On Jan. 9, there were 400 boys and 78 girls in Ontario training schools.

Even the name "training school" will go out of use, predicted Peter Barnes, an executive director for the Children's Services Division.

There are now 55 boys in Sprucedale, described by Barnes as "an ancient army camp-a very poor physical plant." They will be transferred April 1 to Glendale, an adult training centre in Simcoe.

BARRED WINDOWS

Hillcrest, with its barred windows, will be turned over to the Ministry of Correctional Services as a jail.

Its 37 Boys will move on April 1 To the Oakville Reception and Assessment Centre.

Funds that Formerly ran the training schools will be re-directed back to the community where more and more young offenders will be placed, a ministry spokesman said.

Children for whom there's no answer other than incarceration-estimated at 120 children called "dangerous to themselves and society"-will have three "secure-care" facilities.

Barnes described them as 40-bed units where children can be supervised in five groups of eight, increasing the staff-to-student ratio of training schools.

The ministry is still vague as to when this will occur.

"It depends on the success we have in diverting kids back into the community and on getting residential approval for more group homes," said Barnes, who looks to three-to-four years as a target for phasing out training schools.

"Does the public really want these kids in the community when it has to face them next door?" he asks.

The present move away from institutions-whether the jail-like Hillcrest or the cottage units of Brookside Training School in Coburg-puts Ontario in the mainstream of new thinking on children's services.

COMMIT CRIMES

Training schools - penal institutions for children who commit crimes like theft-have long presented a knotty problem to successive provincial governments.

They've been criticized as jails for children and excused by administrators as necessary holding tanks for children who are clearly out of control.

As far back as 1965, the Legislature's select committee on youth recommended abolishing the training school system.

In December, 1977 the Children's Services Division struggled to define the rights of children in training schools:

- That a judicial hearing be required before a child is transferred to a training school.
- That standards of physical plant, staffing and levels of care meet new standards set out in the Children's Residential Services Act.
- That the mail of a child in training school not be read or censored or withheld, unless checked for security reasons in front of the child.
- That a child in training school be permitted a reasonable number of visits from parents and guardians.

Government administrators say these rights existed before but were not spelled out. Sometimes their denial was considered in the "best interests of the child."

One ministry spokesman said: "Let's say that the father who wanted to visit was the source of a young girl's troubles. He'd raped her, beaten her and she became disturbed whenever she saw him. Should he be allowed to visit?"

Under the proposed reforms, the decision would rest with the girl.

Current research has led to the basic conclusion that training schools rarely train children for anything other than continued institutional life.

NOT A SUCCESS

Research carried out by the Ministry of Correctional Services concludes that training schools were not successful, says a report to children's services.

"Fifty per cent of kids were still coming back to institutions," said Ken Beck, regional director of children's services.

Public outcry followed the December, 1976, announcement of then-minister of corrections, John Smith, who reported on the deaths in 1974 and 1975 of 19 young people who had left provincial training schools. Four were suicides.

FOUR SUICIDES

The death list was seen as a catalogue of institutional failure. One suicide occurred just a week after release from training school.

The suicide of Norma Dean, 14, who hanged herself by a macrame rope in the closet of her room at Kawartha Lakes Training School, in August, 1976, set up an investigation into the reasons for her placement.

At the time there were 167 children in Ontario training schools because they were considered "unmanageable"-children who had run away from other centres or whose parents couldn't control them.

Enrolment in training schools declined significantly after the repeal in December, 1976, of section 8 of the Training School Act. It sent youngsters to training schools as a last resort. Since then, it is not possible to sentence a child to training school unless he commits a crime.

As a result, enrolment dropped from about 885 to around 450, which pushed up operating costs. In 1973 it cost the province \$40.81 a day for each child. Last year it cost \$90.50.

"The most important question we faced was 'what do we need the training schools for?' " Barnes said. "Few children benefit positively from custodial care."

But the crunch question is what alternatives will be offered the thousands of children who come through Ontario's juvenile courts.

Barnes outlined possible plans :

- Crisis intervention units, where children on probation can be taken in a crisis instead of to detention centres or training schools,
- Increased co-operation between probation officers and community agencies including such recreational facilities as the YMCA,
- Re-emphasis on the use of group homes - ordinary houses in residential areas, from which children go to school or jobs, in an attempt to simulate normal family settings.
- More active involvement of probation officers in programs aimed at preventing kids on the road to delinquency from committing offences,
- Specialized foster parent care for troubled kids.

The John Howard Society Attendance Centre in Hamilton is a diversion program funded by the federal government, with research supported by the province.

It's a three-year pilot project to study the effects of such projects on juvenile delinquents living at home on probation.

According to its director, Gary Reist, the program is "a last attempt to maintain these kids in the community."

The boys must report to the centre five nights a week for up to 15 weeks.

SCHOOL PROBLEMS

Probation officers and volunteers help the boys with school problems, monitor homework, encourage job-hunting counsel where needed and join in basketball games in the gymnasium.

Affiliation with Kiwanis Clubs and YMCA is encouraged as a vehicle to ease the boys into community activity, said Sarah Inwood, Liaison probation officer for the project.

According to statistics to date (the program began in 1974) 86.5 per cent of boys who came into the program graduated back into the community, Reist said.

"The community-based model is the thing of the future," said Reist, who cited similar diversion programs for juvenile delinquents in Boston, Massachusetts and Denver, Colorado.

But Barnes says the ministry has learned from the example of British Columbia not to eliminate all training schools.

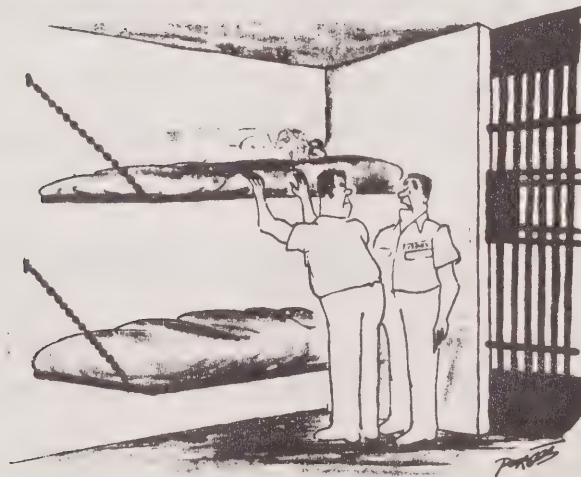
The western province, after releasing all offenders back into the community, found a backlash reaction to the deviant behavior of those too severely disturbed for adjustment to community life.

"British Columbia is now opening up maximum security places again," Barnes said.

"Ontario is trying to recognize in advance that some children in the system are really dangerous."

QUIZ ANSWERS

- | | |
|--------------------------|------------------------------------|
| 1.) The Beatles | 11.) Snagglepuss |
| 2.) Fred Gwyne | 12.) Kentucky |
| 3.) George Cleveland | 13.) Grover Cleveland |
| 4.) Curly, Larry and Moe | 14.) The hippopotamus |
| 5.) His heart | 15.) Irwin Allen |
| 6.) Queen Victoria | 16.) The pyramids |
| 7.) It was made of wood. | 17.) Russia |
| 8.) Adidas | 18.) The kiwi, penguin and ostrich |
| 9.) Thistle | 19.) The Philadelphia Flyers |
| 10.) Vatican City | 20.) 1912 |



"My turn to sleep in the upper."

Pssst.....

Wanna buy 12 Issue's of the
best Prison Rag going!!

It's A steak!
\$4.00.



Send money

Order

To

Avatar

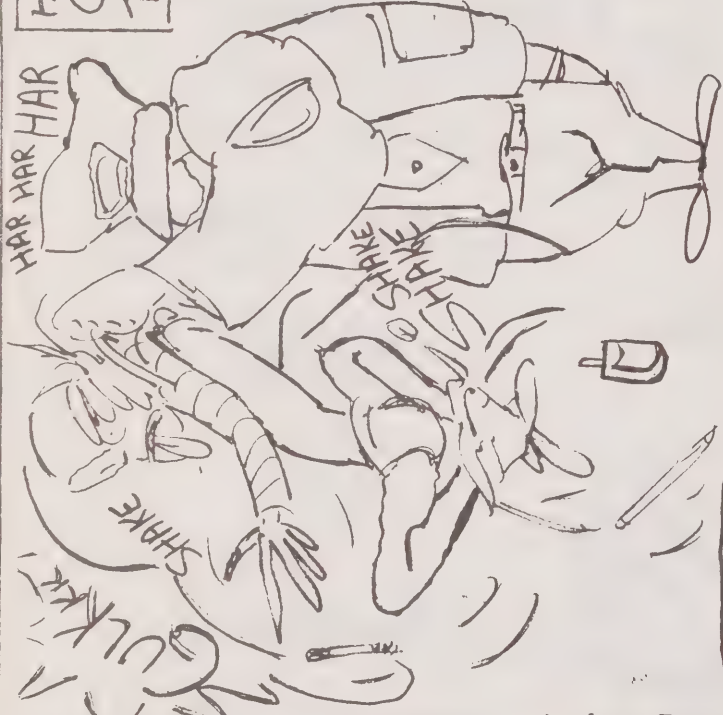
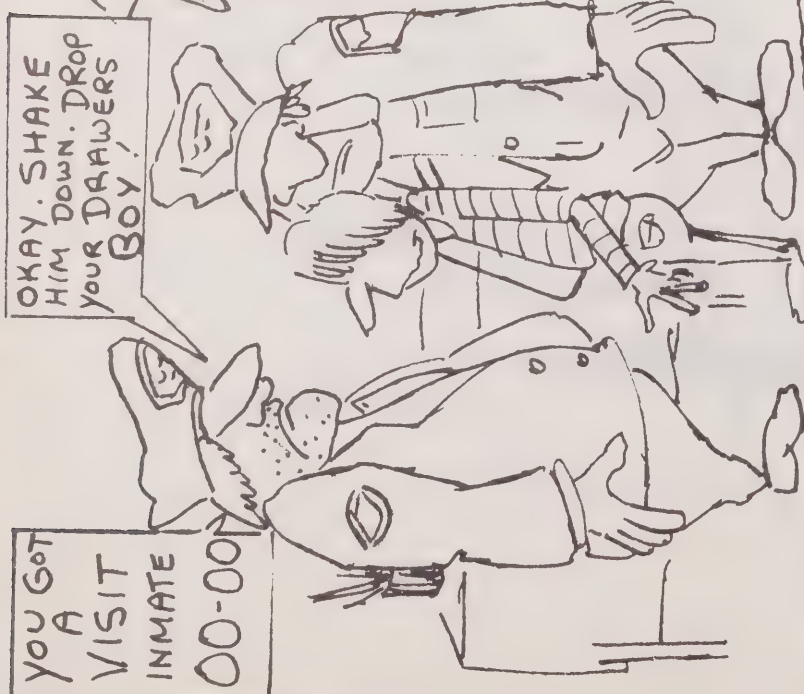
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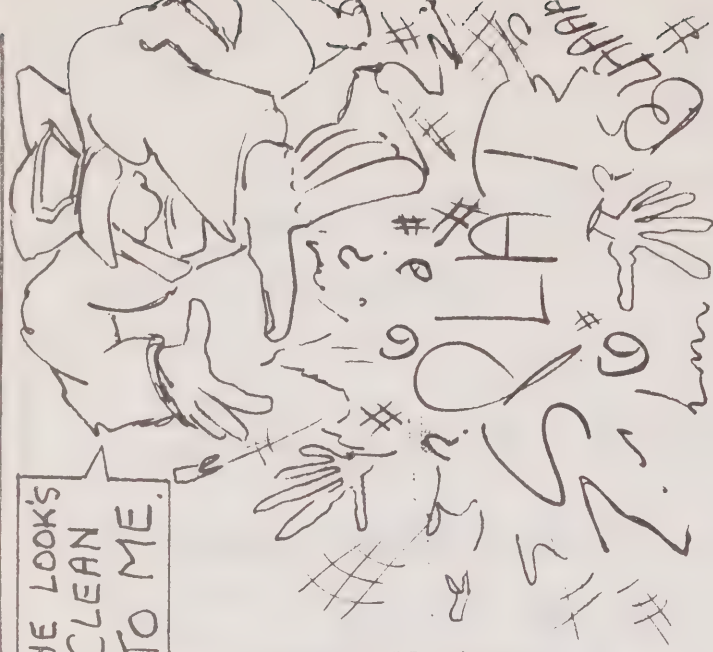
Ontario.

YOU GOT
A
VISIT
INMATE
OO-OO

OKAY. SHAKE
HIM DOWN. DROP
YOUR DRAWERS
BOY!



HE LOOKS
CLEAN
TO ME.



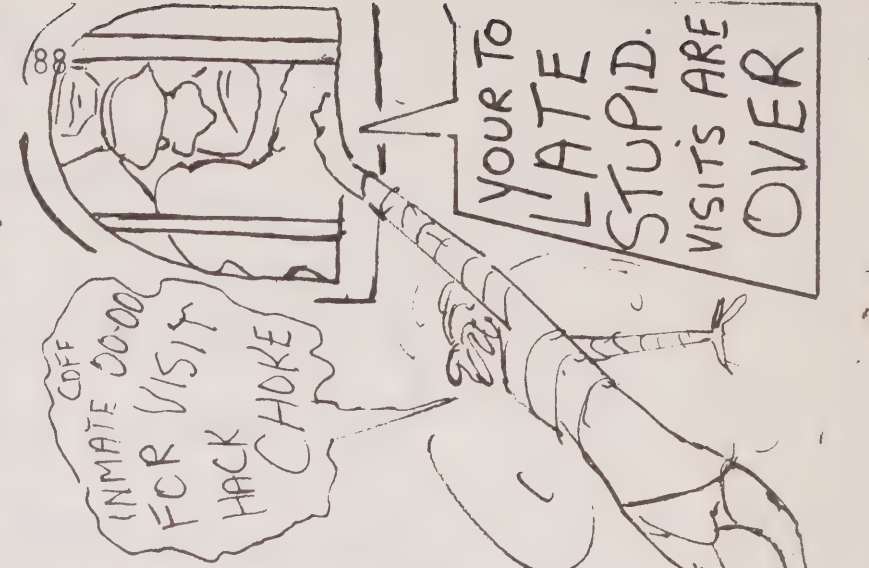
THE DOORS THAT WAY BOY.
YOUR WALKING INTO THE
WALL.



HERE COMES
INMATE OO-OO
FAN HIM
WELL



COFF
INMATE OO-OO
FOR VISIT
HACK
CHOKER



COMMISSIONER'S DIRECTIVE NO. 227Authorized publications

1. The Institutional Head of any maximum or medium security institution may appoint an inmate committee to publish a newspaper or magazine for the following purposes:
 - (a) To develop and maintain good inmate morale;
 - (b) To train inmates in this specific group activity;
 - (c) To train inmates to express their opinions and views in writing;
 - (d) To satisfy inmates' natural desire for self-expression;
 - (e) To provide a medium for the discussion of common problems;
 - (f) To encourage and maintain the interest of the families of inmates in their activities in the institution and also in their future rehabilitation.
 - (g) To inform interested members of the public of inmates activities and problems.

Publishing Standards

2. Inmate publications shall:
 - (a) serve as an information medium for inmates within the institution by providing news of events and happenings, and discussing topics of general interest;
 - (b) be written in reasonably good language;
 - (c) not contain any writing that is in bad taste or that is calculated to offend against public morale or generally accepted social standards;

(d) avoid:

- (i) criticism of the administration of justice or of other public bodies;
- (ii) partisan political or religious discussions;
- (iii) glorification or vilification of individuals.

Editorial Committee

3. (a) Where an inmate publication is published at any institution, there shall be an editorial committee consisting of the Assistant of the Assistant Deputy Warden (Inmate Training) who shall act as chairman, the Assistant Warden (Organization and administration) and the R.T.I. Ed. or other designated liaison officer who shall be responsible for all matters pertaining to inmate publications.
- (b) The editorial committee shall exercise general supervision over the inmate publication committee and shall, from time to time, select the inmate editor and advise him concerning all matters relating to the publication.

Costs of publications

4. The cost of publishing an inmate publication shall be defrayed from:
 - (a) subscriptions by members of the public;
 - (b) donations;
 - (c) advertising in accordance with Divisional Staff Instructions;
 - (d) appropriations of public funds, in accordance with Divisional Staff Instructions.

Free Copies

5. Every inmate of an institution shall, upon request, receive free of charge a copy of each issue of the inmate publication published in that institution.

Special publications

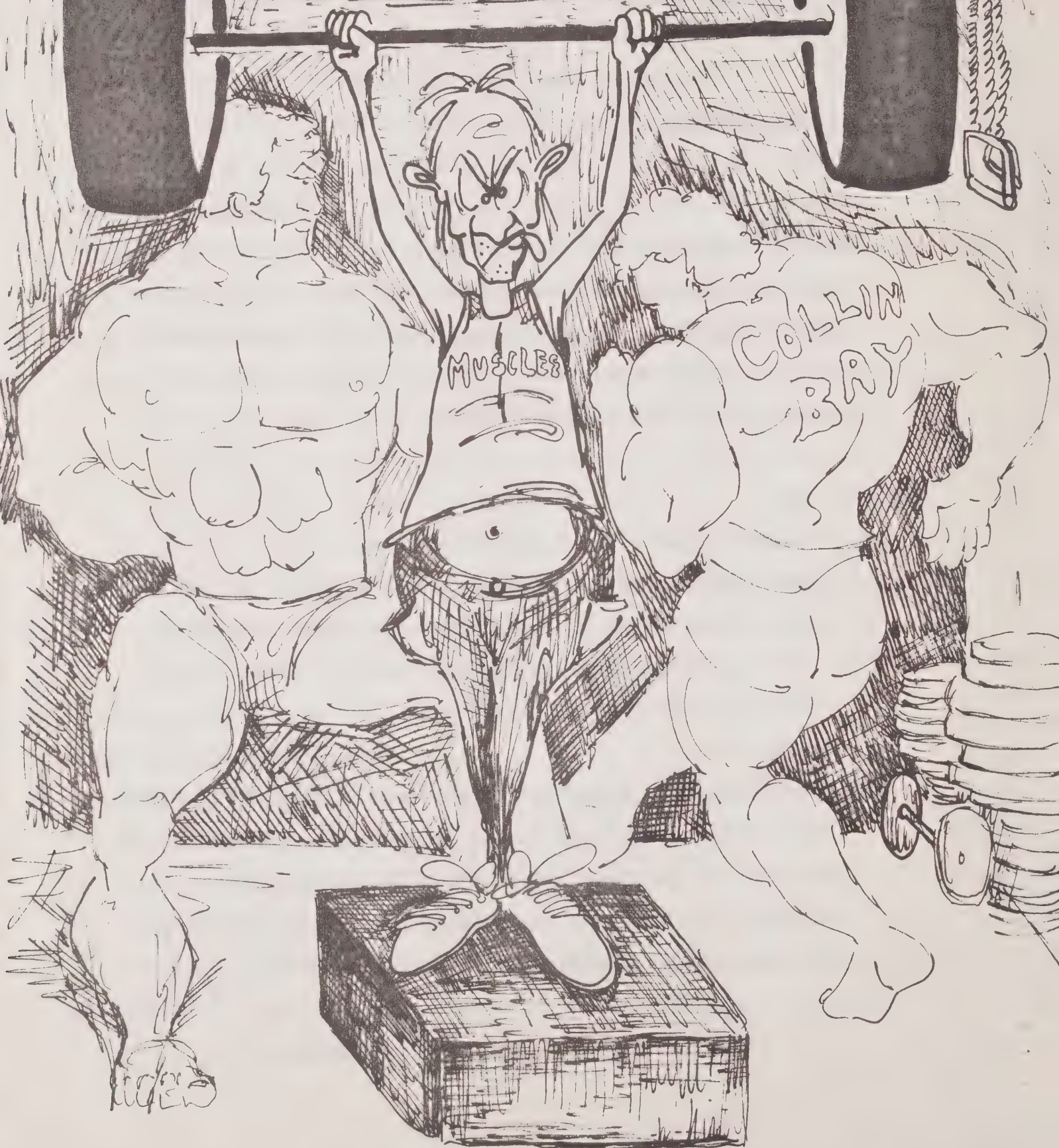
6. Under the general terms and conditions of this Directive, the Institutional Head may authorize groups of inmates who are engaged in specialized activities to publish a special magazine or newspaper relating to these activities, if, in the opinion of the Institutional Head, such special publication would assist in the social and moral development of the inmates who belong to such groups or to the inmates generally.

Restrictions

7. (a) No inmate publication shall contain:
- (i) material in the nature of private messages or greetings of any kind purporting to be from one inmate to another, or
 - (ii) material that purports to describe occurrences in the institution that would not be of interest to subscribers generally.
- (b) Notwithstanding anything stated in this Directive, the Institutional Head may direct that any article or entire publication may be withheld from publication, if, in his opinion, it is deemed to be in the best interest of the Service or Institution that this should be done

Commissioner.

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WEIGHT ROOM



BARBELL ALLEY

By Bill Sugg & Rick Burns

With summer on the way, we've got some very pleasant news for all you "iron freaks". 12 new benches are in the making. These benches will have a width of 10 in and be padded with foam rubber and covered with leatherette, so sore backs and shoulders will no longer be a part of bench pressing.

If all goes well we'll have a few of these new benches when we make the big move outside. "Fresh air while working out" What a most welcome thought that is.

In these closing days before the Power Lifting Competition on the 27th, all competitors are moaning and groaning more than ever in their endeavour to obtain more power. The competition will be held this Thursday, April 27th, 1.00pm in the gym.

SUPERSET'S

I've noticed over the past months there are a lot of guys attempting to impliment super setting principles into their workouts.

Unfortunately most of them have no idea what they're doing.

Let me give you some information on the superset principle and how you can use it in the building of a deeper chest and broader back.

Developed in the late 40's the Superset Principle has become one of the most successful and widely practised of training methods. The basis of the principle is to train opposing muscle groups, such as the biceps-triceps, in fast, consecutive sets, all of which keeps the area under a constant pump. It allows the pain barrier to be reached much quicker and the area is always flushed with blood. This is important in burning off fat and improving definition.

For example by training the biceps with the triceps in the Superset fashion one muscle will rest while maintaining a deep, intense pump as its counterpart is being bombed. Remember Superssetting guarantees you the ultimate pump.

Okay so we know the whole idea of supersetting is to work two areas that are close together. Chest and back are two such body parts. They are worked with opposing movements. In this case it's supersetting a pushing movement with a pulling movement. Here is a workout Frank Zane (Mr. Olympia) uses effectively. It consists of nine exercises. The latter is bent over rowing. He starts his routine with it because it

gets the lats pumped up before the chest work starts. The advantage in this is that you get better leverage with chest movements when your lats are pumped.

So start with the rowing and do four sets of 10, adding weight each time.

The first superset pair is bench press with wide grip chins. These three exercises, the bentover rowing, with bench press and chins add a lot of size to the upper body and torso, as well as the chest. Also the front deltoids are effected by the bench press.

Continuing, Frank's supersets incline presses with pull-downs. These supersets work upper pecs and lats and exert a broadening effect on the upper body.

The next two superset exercises are the dumbbell flys on the flat bench with dumbbell rowing-one arm at a time. Dumbbell flys work the outer area of the pecs! Dumbbell rows develop a deep **sweep** from the shoulders to the waist. Both of these movements indirectly work the biceps.

The final superset pair is the pullover, supersettted with leverage rowing. Keep the knees bent to take the strain off of the lower back. A lifting belt is suggested for many of these exercises.

Supersetting lends variation but it's tough and you've got to be in shape. Use it for a month or so.

Bodybuilding is mathematical, combinations and sequences are very important. Remember this is only one possible program, there are many more, some of which will be discussed in future issues.

Bill Sugg

IN/CLOSING

Enjoy! I did it for you
guys!

Spike!



"Men, I'm Joseph Braithwaite, your new warden. We might get off to a good start by understanding that I don't hold much to the bleeding-heart philosophy of penology."

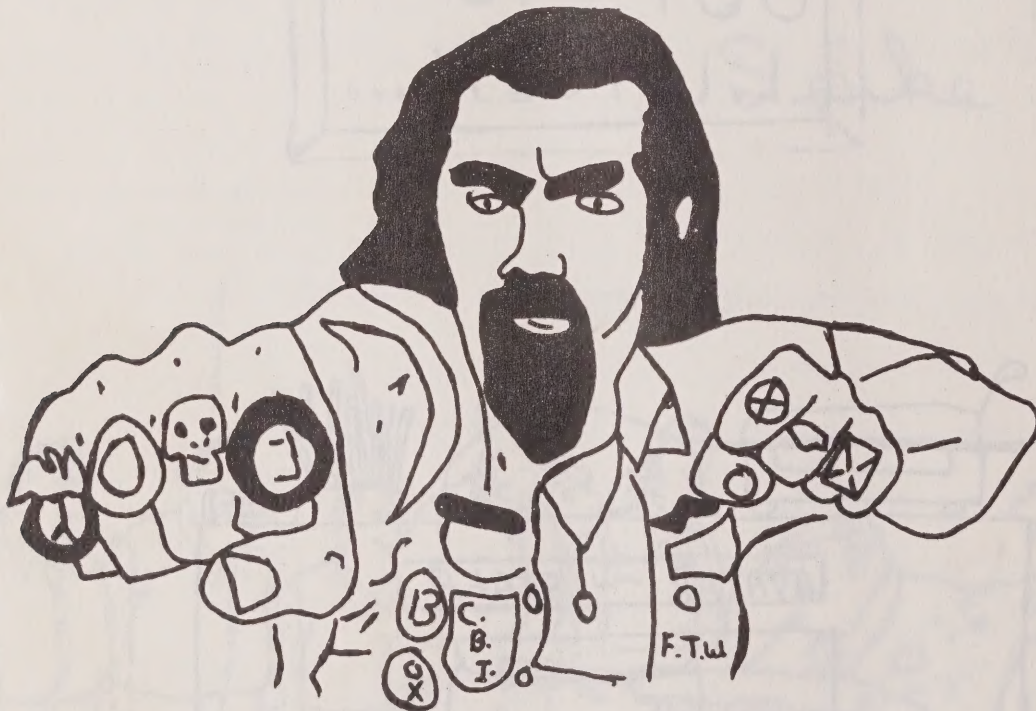




Third Class mail

CANADA.

Judge J. Lorne Stewart
Centre of Criminology
University of Toronto
Toronto, Ont.



Subscription Form: